



58,491/3 Su. 92

BRADSHAW, P.

C.

13 a 2834



Digitized by the Internet Archive  
in 2019 with funding from  
Wellcome Library

<https://archive.org/details/b30504193>



John B. Fuller  
Norwich  
1846



B R A D S H A W's  
**Family Companion.**

CONTAINING,  
Directions for Marketing

A N D  
HOUSEWIFERY;

With Five Hundred RECEIPTS in

**COOKERY,**

CONFECTIONARY,		PASTRY,
PRESERVING,		WINE MAKING,
PICKLING,		BREWING, &c.

Also curious Extracts from a famous Treatise on the  
TEETH, their Disorder and Cure.

Together with

*The* CELLAR-MAN.

Or many Receipts to cure, preserve and Improve  
DRINKS in the Cask; the new Way of Manag-  
ing strong DRINKS from the Tunning to the  
Drawing; with many other useful Matters, truly  
necessary for those who are concern'd in *Brewing*  
or *Selling* MALT-LIQUORS.

---

By Mrs. P. BRADSHAW,  
Who has been a Housekeeper to several Noble  
Families many Years.

---

Printed for the Author, 1753.  
(Price One Shilling.)



*A Word of Advice to the Young House-  
Maid, I hope will not be amiss, to pre-  
serve the Furniture.*

**W**HEN you sweep a Room, al-  
ways throw a little wet Sand  
over it, and that will gather all the  
Flew and Dust, prevents it from rising,  
cleans the Boards, and saves both Bed-  
ding, Pictures, and all other Furniture  
from Dust and Dirt.



2834



H 27/3/99

854



*To all young Practitioners, to whom the  
following Pages may be useful.*

**A**S Good Living is so plentiful thro' most Parts of England, that we have no Occasion to feed as the French do, chiefly on Herbs and Roots, nor to make an Ocean of Pottage to encircle a small Island of Mutton.----I say, as we (thro' Mercy and Plenty) have no Need so to do, and as the Spirit of Hospitality and Generosity, are the well known Characteristicks of the English Nation, I hold it good, to perfect what Nature has design'd us, superior to most other Nations,---That a good Cook is as good as a good Doctor, and yet both may be good in their Places.----It was for this Reason that I have publish'd the following Pages, and adapted it to the Modern Taste, and have made the whole as concise and as easy to be understood as possible, even to the meanest Capacity :  
Nor



*To all Young Practitioners, &c.*

Nor is it stufft up with stale Receipts, quite out of Use, but all truly Modern. With a particular Method for managing a good Beer-Cellar; and how to restore sour Beer or Ale; also an excellent Method for preserving a large Stock of Yeast.

The Reader will also find many profitable Experiences, the Compositions and Mixtures easy prepar'd, the Palate excellently pleas'd, and the whole as well perform'd, with more Pleasure and Ease, and yet less expensive.

This I have done chiefly for the Use of the young and unskilful Female Sexs, that they may avoid the following old English Proverb:

God sends *Meat*, but the D — sends *Cooks*.

So hoping to see Liberality and Hospitality flourish amongst us once more, as in antient Times,

*I remain your Friend, &c.*

*P. Bradshaw.*

# THE

# I N D E X.

<b>A</b> Spragus & Chickens	Chine of Mutton roast'd	43
to dress Page 26	Cucumbers to Pickle	47
Admirable Cullis	Colliflowers to Pickle	50
A good English Soop	Currants to Pickle	52
A strong Broth	Crust for large Pyes	59
Asparagus to Pickle	Crust with Dripping	ibid
A good boild Pudding	Crust for Custards	ibid
A baked Pudding	Cheese Cakes	60
A Plumb Pudding	Cowslip Wine to make	62
<b>B</b>	Cyder	65
Boiling Butchers Meat	Currant Wine	66
Boiled Fowles	Cure for Gout or Rheu-	
Beef to Pot	matism	82
Beef Stakes to stew	Curran Wine	66
Beef dried	Cherries in Liquid	68
Butter to clarify	Currans white or red	72
Beef Pasty	Conserve for Tarts	74
Bread Pudding	Cellar Man	101
Bread without Yeast	<b>D</b>	
Birch Wine to make	Directions for Garden	
Brilliau's Liquid	Things	33
<b>C</b>	Damfin Wine	63
Chickens forc'd	Damfins to preserve	72
Chickens to Hash	Daffy's Elixir to make	74
Carp to stew	Dr Mead's Receipts for	
Craw Fish to dress	the bite of a mad Dog	76
Col's Head to boil	Directions for preparing	
Chubs to broil	Mrs. Stephen's Medi-	
Crabs to dress	cine in a solid Form by	
Calf's Head Hash'd	Dr Hattley	81
Calf's Head to roast	Drink to preserve	103
	Eels	

## E

Eggs made to Eat like  
Mushrooms 44  
Ease for Tooth-Ach 75

## F

Fricassey White 22  
Fricassey of Eggs 24  
Fricassey of Chickens ibid  
Fine Gravy 36  
Fowls to force 27  
Fricassey Pigeons 28  
Forc'd Meats 41  
Forc'd Meat Balls 42  
French Beans to pickle 50  
Family Receipts 74  
Foxing Beer, &c. 102

## G

Green Goose to dress 29  
Geese to boil 30  
Giblets stew'd ibid  
Gooseberry Venigar 54  
Good Crust 59  
Good Seed Cake 63  
Gooseberry Wine 64  
Green Grapes 69  
Green Plumbs 70  
Gooseberrys to preserve 73  
Gout in the Stomach 89

## H

Hams to dry 32  
Tongues, &c. to salt ibid  
Herrings or Mackreal 51  
Hare Pie 56  
Hogshead of sour Ale or  
Beer to Cure 104

## I

Fowl of Salmon boil'd 39  
Jelly of Currans to draw 68

## L

Larks to roast 30  
Lobsters to Butter 37  
Lobsters to roast ibid  
Leg of Pork Ham fashion 46  
Lettuce to pickle 49  
Lobsters to pickle 53  
Lear for Fish Pies 55  
Lear for Pasties ibid  
Lamb-stone Pie 56  
London and the Country  
Brewer 92

## M

Marketing in General 9  
Mustard to make 43  
Melons, &c. to pickle 47  
Mushrooms to pickle 48  
Muscles, &c. to pickle 53  
Minc'd Pies to make 55  
Mrs. Stephen's Receipt  
for the cure of the Stone  
and Gravel 77  
Mons. Millian's Receipt  
for preserving Metals 91

## N

Neats Tongue to pot 32  
Nap'es Biskets 73

## O

Onion Soup 35  
Oysters to pickle 47  
Onions to pickle 50  
Orange Wine 62

Poultry



## P

Poultry to buy	12	Saltery Soop	34
Pullets, &c. to boil	26	Spitch Cock Eels	37
Pullets with Ham	27	Sauce for Salmon	40
Pigeons to boil	ibid	Smelts to dress	ibid
Pigeons to stew white	29	Scotch Collops	41
Pease Soop	35	Sauce for fresh Fish	40
Pike to roast	35	Sausages to make	45
Pike with Oysters	ibid	Sausages for Veal, &c.	45
Pudding for a Pike	ibid	Salt Tongues to dry	48
Polania Sausages	48	Samphire to pickle	49
Pigeons to pickle	51	Smelts to pickle to exceed	
Pork to pickle	51	Anchovies	50
Paste for a Pasty	ibid	Salmon to pickle	52
Pigeon Pye	56	Standing Crust for pies	59
Puff Paste	58	Shrewsbury Cakes	60
Plumb Cake to make	60	Strong Mead	63
Paste Royal	61	Sage Wine	65
Plumbs in Jelly	70	Stoughton's Elixir	75
Plumbs, Pears, &c.	ibid		
Grapes to preserve	71		
Pippins to preserve	ibid		

## R

Roasting Butchers meat	17		
Ragoo of Snipes	25		
Rabbets to boil	28		
Rice Soop	35		
Red Cabbage to pickle	52		
Rice Pudding	57		
Raisin Elder Wine	62		
Raspberry Wine	65		

## S

Stewing of Meat	21		
Snipes to dress	26		
Solamungundy to make	31		

## T

Turkey with Oysters	25
Tongue to boil	33
Tench to stew	39
Turbut, &c. to boil	40
Tripe to roast	42
Tongue, &c. to roast	44
Tongue to pickle	50
Tench to pickle	53
Tarts to Ice	59
Treatise on the Teeth	86
To cure new Drink	97
To check a fermentation	98
The new way of managing	
strong Drink	99
To recover foul drinks	102
To recover flat drink	103
To	

<i>To fine and feed drink</i>	ibid	<i>Walnuts to pickle</i>	49
<i>To sweeten Casks</i>	104	<i>Walnuts white to pickle</i>	52
V			
<i>Vermicilly Soop</i>	35	<i>Whiggs to make</i>	60
<i>Venifon to roast</i>	43	<i>White Mead</i>	63
<i>Veal or Mutton Cutlets</i>	45	<i>Wine to recover</i>	67
<i>Verjuice to make</i>	46	<i>Wine to fine</i>	ibid
<i>Verjuice for Pickles</i>	48	<i>Wine to clear</i>	ibid
<i>Venigar to make</i>	54	<i>Walnuts to preserve</i>	69
<i>Veal Pie to eat cold</i>	56	<i>Walnuts black</i>	ibid
<i>Venifon Pasty</i>	ibid	<i>Wafers to make</i>	73
W			
<i>Way of dressing chicken</i>	24	<i>Working Beer and Ale</i>	96
<i>Wild Fowl to stew</i>	30	Y	
		<i>Teast how to preserve a</i>	
		<i>constant Stock</i>	101



BRAD-





# B R A D S H A W'S Family Companion.



## R U L E S,

*Which if a young Woman carefully observes, will  
fit her for the best of Families.*

*First, For going to MARKET, and chusing  
F L E S H.*

## B E E F.

**T**H E right Ox Beef is best, and that which is so, has a fine open Grain : If young, it has a kind of oily Smoothness, and if dented with your Finger, will immediately rise again ; but if old, will be rough and spongy, and the dent remain. Cow Beef is less boned than that of the Ox, the Flesh closer grained, the Lean of it somewhat paler, and the Fat whiter ; but if young, the dent you make, will rise again. Bull Beef is closer grained than either, much coarser, and if you pinch it, feels rough : The Fat is hard and skinny, and has a Rankness in the Scent.

*Mutton.*] When Mutton is young, the Flesh will pinch tender, and the Fat part easily from the Lean; but if old, the one will wrinkle, and remain so for some Time, and the other not be pulled off easily, by reason of a number of little Strings : Old Mutton may also be known when the Flesh shrinks from the Bones, and the Skin is loose : In Ewe-Mutton the Flesh is of a paler Colour than the Weather, and of a closer Grain. If there happens to be a Rot among the Sheep, the Fat will be yellow, and the Flesh pale, loose from the Bone, and, if squeezed, a Dew-like Sweat will rise upon it.

*Veal.*] The Flesh of a Bull Calf is more red, and has a firmer Grain than that of a Cow Calf, and the Fat will be harder. You cannot be too careful in examining the Scent, for even what sometimes looks beautiful to the Eye will prove musty.

*Lamb.*] House-Lamb when good, is very Fat and White, and the Lean of a pale Colour. Grass Lamb is somewhat of a higher Colour, but the Fat is White : In a Fore Quarter of either you must observe the Neck-Vein ; if it looks of a fine light Blue, it is fresh killed ; but if greenish or yellow, it is stale. Smell under the Kidney of a Hind Quarter, and try the Knuckle ; if it be limber, and has a faint Scent, do not venture to buy it.

*Pork.*] If it be young and fresh, the Flesh will be of a fine bright Colour ; but not too Red ; the skin will be thin, and if you nip it with your Nails the Impression will remain ; but if the Lean be high coloured, the Fat flabby, and the Rind hard, it is old ; or if any Part feel clammy, it is stale. If you find many small Kernels in the Fat, like  
Hail-

Hail-shot it is certainly measly, and dangerous to be eaten.

*Bacon.*] Bacon may also be known if young or old, by the Thickness or Thinness of the Rind. Besure chuse that, of which the Fat has a reddish Cast. That Bacon which gives, and becomes flabby in wet Weather, it not well cured, and will soon be rusty.

*Westphalia, or English Hams.*] These are to be tried by putting a Knife under the Bone that sticks out; and if it comes out in a manner clean, and has a curious Flavour, the Ham is sweet and good; if, on the contrary, it is much smeered and sullied, and smells rank, the Ham was tainted before it was dried, or grown rusty afterwards.

### F I S H.

All Sorts of fresh Fish may be judged by the Redness of their Gills if no deceit be used; but as there is often an Imposition by wetting them with Blood, you must observe whether they are stiff, if their Eyes stand out and full, and their Fins and Tails are not shrivelled; for if these Symptoms do not answer, they are stale, notwithstanding the Redness of their Gills.

*Plaice and Flounders.*] As Plaice and Flounders will live a long Time out of the Water, whoever buys them after they are dead, may find them sweet, but their Substance will be so far spent, that they will almost dissolve in the Water they are boiled in, and will neither give Relish nor Nourishment to the Stomach. To distinguish Plaice from Flounders, the latter are somewhat thicker, of a darker Brow, and have some small Specks of Orange Colour; the Plaice have Spots too, but they are not so bright, but longer. The best Sort of both are blueish on the Belly.



*Whitings* ] These are a Fish, which if not extremely stiff when you buy them, will neither broil nor boil.

*Salmon.*] You must examine the Grain and Colour as you do Butcher's Meat ; if the one be fine and the other high and florid, the Salmon is good ; but if coarse and pale it is the contrary : When it is perfectly new, a great quantity of Blood will issue from it when it is cut, and the Liver look very clear, and almost transparent.

### P O U L T R Y.

*Capon.*] If a Capon be young, his Spurs are short and his Legs smooth ; if a true Capon, a fat Vein on the Side of the Breast, the Comb pale, and a thick Belly and Rump ; if a new close hard Vent ; if stale, a loose open one.

*A Cock and Hen.*] If young, his Spurs are short and dubbed ; but take Notice whether they are not pared or scraped by the Seller, in order to deceive you. You may know if he is new by the Vent, in the same manner as you judge of the Capon and so also of a Hen ; but if young, her Legs and Comb are smooth, if old they are rough.

*Cock or Hen Turkey, or Turkey Poults* ] If the Cock be young, his Legs will be black and smooth and his Spurs short ; if old, the contrary : If stale, his Eyes will be sunk, and his Feet hard and dry ; and if new, the Eyes will look lively, and the Feet pliable. The like Observation with respect to the Hen, but if she be with Egg, she will have an open Vent ; if not, a hard close Vent. Turkey Poults are known the same way, as to being new or stale.

*Goose.*] If the Bill of a Goose be yellow, and she have but few Hairs, she is young ; but if there are many, and the Bill and Feet red, she is old : If new,  
limber :

limber : If stale, the contrary. A Goose that is not very fleshy on the Breast, and fat in the Rump, is not worth buying.

*Duck.*] A Duck is to be judged in the same manner as a Goose.

*Chickens* ] Chuse the white-legged, for they are generally the best, and taste the sweetest.

*Wild Duck.*] A right Wild Duck has a reddish Foot, and smaller than the Tame one ; the Marks of being young or old, new or stale, are the same as with the others.

*Woodcock or Snipe.*] Chuse those that are thick, fat, and the Flesh firm ; the Nose dry, and the Throat clear, otherwise they are bad. Snipe, if young and fat, has a full Vein under the Wing, and feels thick in the Vent. As for the rest, like the Woodcock.

*Partridge.*] When the Bill is white, and the Legs blueish, it shews Age ; for if young, the Bill is black, and the Legs yellowish. Smell at their Mouths, to know if they are new or stale.

*Pigeons.*] Old Pigeons have generally red Legs, and in some Parts are blackish : If young and fresh, the Flesh looks all of one Colour, and are fat in the Vent. And thus of grey or green Plover, Fellfare, Black-birds, Thrush, Larks, and Wild Fowl in general.

*Hare.*] A Hare is white and stiff when new and clean killed ; if stale, the Flesh will have a blackish Hue. If the Cleft in her Lip spread very much, and her Claws are wide and ragged, she is old ; the contrary when young.

*Leveret.*] To know a true Leveret, feel on the Fore Leg near the Foot, and if there be a small Bone or Knob, it is right ; if not, it is no Leveret, but a



Hare ; and for the rest of the Marks, you may judge as of the Hare.

*Rabbit.*] The Wild Rabbit is better than the Tame ; and to distinguish the one from the other, you must observe the Head, which is more peaked in the Wild than the Tame. If it is old, there will be a great deal of yellowish Fat about the Kidneys, the Claws will be long, and the Wool rough and mottled with grey Hairs ; if young, the reverse : For being new killed, you must judge by the Scent.

*Butter.*] When you buy fresh Butter, trust not to the Taste the Person gives you ; for they often patch a Piece of good Butter at the End, when the rest is bad ; but run the Knife into the Middle, and if it comes out with a fine sweet Flavour, the Butter is good. You must also observe that there are no Crumblings Stick about the Knife ; for if so, the Butter, tho' it may be well tasted, has not been well worked up, and will not keep. As for Salt Butter, having found it to your Palate, desire them to cut out of the Middle what quantity you want ; for the Tub is apt to give an ill Flavour to that Part which touches it. If the Cheesemonger refuses to do this, go to another ; and if you carry *ready Money*, you will have what you ask for.

*Cheese.*] The best Cheese, whether of *Cheshire*, *Gloucester*, or *Warwickshire*, has generally a rough moist Coat, but if too much of the latter, is apt to breed Maggots. Always chuse that which has a fine yellow cast, and is close made.

*Eggs.*] The best Eggs are those which have a clear thin Shell, are of the longest Oval, and most peaked at the Ends. Hold them before the Light, and if the White is clear, and the Yolk flows regularly in the midst, they are good, and the contrary

when

when the White looks cloudy, and the Yolks sink which way soever you hold it.

### BOILING *Butchers Meat.*

*Beef.*] Let your Pot be large enough to contain a sufficient Quantity of Water for it to have Room to wabble about ; and be sure, before you put it on, to make up a good strong Fire, so that it may never cease boiling from the minute it begins, 'till it is thoroughly done. As for the Time of boiling, you may allow a Quarter of an Hour to every Pound of Beef, except Brisket, which requires more, by reason of its being so very fibrous.

*Mutton.*] Mutton takes not up altogether so much Time or Water, yet it must not be cramped in too small a Pot ; for if it is, it will be tough, and the Colour spoiled. If you make Broth, put in no more Water than will just cover it ; and after you have taken the Scum off, (which must be raised by throwing in some Salt, and put in what Thicken- ing the Family likes, whether Rice, Barley or Oat- meal) let it be close stopped till enough.

*Veal.*] A great Inducement to eating heartily of boiled Veal, is the Whiteness of it : You should therefore not only be particularly careful in taking off the Scum, but also tie the Meat in a Cloth, and the Skin will then look of a delicate clearness.

*Lamb.*] The same care ought to be taken of Lamb, especially *House* ; for it being of a more delicate Texture than the Grass, is more liable to imbibe any disagreeable Tincture. Both ought to be well boiled, as indeed should all young Meat, or it is unwholesome.

*Pork.*] Pork requires still more boiling and should never be dressed without Salting, for there is a Juice between the Rind and the Fat, which, if not well purged out, breeds bad Humours.

BOIL-

**BOILING Poultry.**

*Turkey.*] Three Quarters of an Hour is sufficient for a middling Turkey ; but you must always consult the Largeness, and give Time accordingly.

*Pullets, Capons, and young Cocks.*] Pullets, especially if with Egg, take somewhat more boiling than either a young Cock or Capon ; for the two latter half an Hour is sufficient, and you must not add to the other above four Minutes. When you boil Fowl and Bacon, you must be sure to scrape the Rind exceeding clean, and pare off the Outside of the Lean, which in the best cured Bacon has an offensive Smell and Taste ; and boil the Fowl in a Cloth.

*An old Cock.*] You can scarce boil an old Cock too much ; but as it is seldom used but in Broth, the best way is to cut it in Pieces.

*Chicken.*] A Quarter of an Hour is sufficient for a Chicken ; if you have Parsley and Butter with it, let the Parsley be boiled soft, and shred very small before you put it into the Butter.

*Pigeons.*] When you have well cleansed and trussed your Pigeons, stuff their Bellies with Parsley, and be sure to take off the Scum as often as it rises. A little more than a Quarter of an Hour boils them. Whatever you boil, either of Flesh or Fowl, should be set over a brisk Fire, that it may be kept constantly in Motion ; for if it ceases, though never so little a Time, the Gravy drains out into the Water.

**BOILING FISH.**

*Salmon.*] Wash it and let it bleed well in the Water, then lie a little to drain, after which put it into boiling Water ; take out the Liver when about three Parts done, and braid it with Kitchup, which, mingled with the Butter, will make exceeding rich

Sauce.



Sauce. This Sort of Dish takes almost as much boiling as Mutton.

*Pike.*] Wash your Pike clean, then truss it round with the Tail in its Mouth, and its Back scotched in three Places; then throw it in the boiling Water with a good deal of Salt and Vinegar, three or four blades of Mace, and the Peel of a whole Lemon: Let it boil fast at first; for that will make the Pike eat firm, but more slow afterwards. The Time must be proportion'd to the Bigness of the Fish, but half an Hour is enough for a very large one. The best Sauce for this is plain Butter with a few Shrimps and a Seville Orange.

*Fresh Cod.*] Mix a great deal of the best white Wine Vinegar with the Water in which you boil Fresh Cod, Lemon-peel, Salt, Mace and Cloves, otherwise the Fish will taste Waterish, be very flabby, and liable to break in the Kettle. The Sauce for this cannot be too rich, and if you are allowed it, spare neither Kitchup, Body of a Lobster, or Crab, Oysters and Shrimps; but if you have not all these at hand, put in as many of them as you can. You may know when it is enough, as you may all Fish, by the dropping out of the Eyes.

*Barrel Cod, or any other Salt Fish.*] All Kinds of Salt Fish must lie in Water proportionable to its Saltiness: Trust not therefore to the Words of those you buy it of, but taste a bit of one of the Flanks. This requires more boiling than any Fresh Fish. The Sauce for it is Butter, Eggs, Mustard, and Parsnips, or Potatoes.

#### ROASTING *Butchers Meat.*

*Beef.*] When you Roast Beef, make up a strong lasting Fire, that it may penetrate into the Heart of the Meat, else the Inside will be raw when the Outside

side is over done. When you think it is near enough, make your Fire burn brisker, in order to brown it. Rub a good deal of Salt upon it before you lay it down, and while it is roasting baste it often with its own Dripping, and flour it well. The Time for roasting is the same with that of boiling, a Quarter of an Hour to every Pound of Meat.

*Mutton.*] All Joints of Mutton, except a Leg, requires a brisker Fire than Beef. Baste it with Butter, and flour it often; but if it be very large, and you suspect it to be Ram Mutton baste it well on first laying it down with Water and Salt, and that will take off the Rankness. You must abate somewhat of a Quarter of an Hour of each Pound, especially when you roast a Shoulder or Neck.

*Lamb or Veal.*] All young Meats, as before observed, ought to be thoroughly done, therefore do not take either Lamb or Veal off the Spit till you see they drop white Gravy.

*Pork.*] Pork should lie Twelve Hours at least in Salt, before you put it down to roast: then flour it well, but very little basting will serve, except you roast it without cutting the Skin, and then you must keep it basting and turning very fast, as you would do a Pig, to preserve it from blistering, or parting from the Flesh. This is a very luscious Meat, and requires the same Time as Beef, and a strong Fire; for it will be pernicious if eaten with Gravy in it that has the least Tincture of Redness. The common, as well as the most wholesome Sauce, is Apple-Sauce and Mustard,

*Pig.*] Take Sage, shred very small, grated Bread, Salt, a little Pepper, and the Yolk of four Eggs, wet them well with white Wine, till they come to a Consistency; then put them into the Belly  
of



of the Pig ; sew it up, and after having rubbed the Skin over with Butter, put it on the Spit : Keeping it continually basting and wiping with a clean Cloth, and turning very fast, till it is enough. One Hour will roast a middling Pig ; if large, more Time must be allowed. When enough, take the Pudding out of the Belly, mix it with Gravy and the Brains of the Pig : Sweet Sauce is to be made the same Way, only add a few Currans, some Sugar, Nutmeg, and a little white Wine.

### ROASTING *Poultry.*

*Capon.]* Half an Hour will roast the largest Capon, provided your Fire be strong and brisk. Keep it well basted. The best Sauce is a rich Gravy, well relish'd with Spice and Ricamboll or Shallot.

*Pullet with Eggs or without.]* A Pullet with Eggs will take somewhat more roasting than a Capon : Egg Sauce is more proper, and most commonly eaten with it. If she be without Egg, she will take less Time in roasting than a Capon. Gravy Sauce is also best with this.

*Chickens.]* A Quarter of an Hour will roast a well-grown Chicken. The Sauce is Parsley and Butter, or Gravy.

*Tame Duck.]* Shred some Sage and Onion very small, mix it with Pepper and Salt, and put into the Belly of the Duck : When it is enough done, take out the Stuffing, and mingle it with a good deal of Red Wine and Gravy for Sauce.

*Goose.]* A Goose requires exactly the same Seasoning as a Duck : The Sauce in the Dish must also be the same, only a Plate of Apple-Sauce, and set Mustard and Sugar for those who like it.

*Turkey.*

*Turkey.*] A Turkey must be well floured and basted, and roasted with a strong Fire, especially if the Belly be Stuffed with Oysters, which you must take out as soon as it comes off the Spit, and put them into melted Butter with Gravy. If no Oysters, less Time will roast it, and put no Butter to your Gravy.

*Wild Duck.*] Wild Duck, or any other Wild-Fowl should be roasted with the Spit made hot before you put them on ; otherwise the Inside will be raw, and the Outside too much done : They must all in general be constantly basted with Butter and their own Dripping. The Sauce for a Tame Duck serves for all kind of Wild Fowl ; except a Partridge, which should be basted with Butter, and strew'd with grated Bread, and the Sauce made of grated Bread, Yolks of Eggs, white Wine and Gravy well spiced.

*Hare.*] A Hare is best when larded ; but if this is not thought proper, you may make a Pudding of grated Bread, the Liver of the Hare minced small, Parsley, Thyme, Winter-Savory, Sweet Marjoram, Salt, Pepper, a few Cloves beaten, the Yolks of three Eggs wetted with Claret, and put into the Belly, which when sewed up, put it on the Spit ; baste it with Cream 'till half done, then with its own Dripping ; but keep it always moist. Mix Half a Pint of Claret, with very strong and high-season'd Gravy-Sauce ; an Hour will roast it.

*Rabbets.*] Baste your Rabbets well with Butter, keep them forty Minutes at the Fire, which should be brisk ; but not too strong. For Sauce, mince the Liver small, and put no Butter to it.

#### S T E W I N G.

*Beef.*] Brisket - Beef, Thick - Flank, or the Chuck-Rib, are the best for stewing : Cut it in  
Pieces

Pieces of about four or five Ounces each ; put it in to an Earthen Pipkin with a few Turnips, one Carrot, one whole Onion, a little Thyme, Winter-Savoury, Sweet Marjoram, Parsley, some Corns of Jamaica Pepper, Salt, and Black Pepper, and three or four Bay Leaves ; then put as much Water as will a little more then cover them ; stop it very close to keep the Steam as much as possible from going out ; and set it over a slow Fire, so that it may just Simmer. If it be Brisket, it will take Four Hours to do it right ; if any other Part, Three will be sufficient. When it is enough, take out the Bay Leaves, and serve up the rest altogether in a Soup Dish.

*Neck, Breast, Knuckle, or any other Joint of Veal.]* Whatever Joint of Veal is to be stewed, must be put whole into the Stewpan, with Parsley, Winter-Savory, Thyme, Sweet-Marjoram, Lemon-peel, Mace, Nutmeg, a little Salt and Pepper. Mix some white Wine with the Water, and put no more then will just cover it ; than stop it close, and put it over a very slow Fire ; When it is enough beat up the Yolks of three or four Eggs, and incorporate them with the Gravy that comes from it ; and when you have put it in the Dish, strew a few Mushrooms, Capers, and a little Samphire over, and garnish with Lemon, or Seville Orange. You may also add Truffles, Morelles, Coxcombs, and Artichoke-bottoms, if you have them. This is a very delicate and savoury Dish and pleases most Palates.

*Neck, Breast, or any Joint of Mutton]* Some People like Mutton stewed with Potatoes ; and if so, you must cut the Mutton in Chops, and slice your Potatoes ; put in a larger Quantity of Salt and Pepper than you do either with Beef or Veal, and a very  
little



little Water ; because what comes from the Potatoes, when they have been a little Time on the Fire, will stew the Mutton. Put in no Herbs, except a Bunch of Thyme, and covering it close, let it just simmer an Hour and a half, but let no Steam evaporate. To stew Mutton without Potatoes, you must also cut it in Chops or Collops, according as the Part is, and put in two or three Turnips, Thyme, Parsley, Salt, Pepper, a small Onion, and as much Water as will cover it ; and when done, strew it over with Capers.

When you boil any Greens, first soak them near Two Hours in Water and Salt, or else boil them in Water and Salt, in a Copper by themselves, with a great Quantity of Water.

Use no Iron Pans, &c. for they are not proper ; but let them be Coppers, Brass, or Silver.

When you fry any Fish, first dish them in Yolks of Eggs, and fry them in a Stewpan over a Stove, and that will make them of a Gold Colour.

White Sauces are now more generally used than Brown, which is done chiefly with Cream, and add a little *Champaign* or *French* white Wine, and Butter kneaded in Flour.

When you dress Mutton, Pigeons, &c. in Blood, always squeeze in some Lemon-juice, to keep it from changing.

When you broil any thing, let it be over a Stove of Charcoal, rather than Seacoal ; turn your Meat very often. Whatever you broil or roast, do not Salt till it is put to the Fire ; if you do, the Gravy will entirely run out, and the Meat become hard.

#### F R I C A S S E Y S.

(*Of Veal.*) Cut your Veal in thin Slices, beat it well with a Rolling-pin, then season it with Pepper,  
Salt,



Salt, Nutmeg, Thyme and Lemon-peel, shred very small ; fry it in Butter, and when it is enough, as it will in six Minutes, pour away the Butter it is fry'd in, and throw in fresh, with two Eggs well beaten, and two Spoonfuls of Verjuice ; shake it up altogether, and then serve it.

Parboil your Meat that is used for Fricasseys, for stewing them too long on the Fire will make them hard.

*Of Lamb* ) Lamb must also be cut into small Pieces ; then seasoned with a little Pepper and Salt, fry'd first in Water, and after being well floured, in Butter ; it requires longer Time than Veal. When enough done, pour off that Butter, and put fresh, with two Eggs, and a very little Verjuice, Strew it in the Dish with Mushrooms.

*Chickens and Rabbits.* ) Take Rabbits and Chickens and Skin them ; cut them into small Pieces, and beat them flat, and lard them with Bacon ; season it with Salt, Pepper and Mace ; dredge it with Flour, and fry it in sweet Butter to a good Colour ; then get the Quantity of good Gravy as your Fricassey requires, with Oysters and Mushrooms, two or three Anchovies and some Shallot, a Bunch of sweet Herbs, and if you like it, a Glass of Claret ; season high ; and before you put in your Meat, simmer it well together till the goodness of the Herbs is out ; then take out the Herbs, Shallot and Anchovy-bones, and cut a Lemon in Dice, and put in your Chickens or Rabbits, and let it stew gently till it be tender ; but be sure to keep it stirring all the while it is over the Fire, and make it as thick as Cream, and serve it up with Force-meat Balls, crisp Bacon and fry'd Oysters, and garnish it as you like.

*White*

*White Fricassey.*) Either half roast or parboil your Chickens, then Skin them, and cut them in Pieces and stew them in strong Broth, some Pepper, and a Blade of Mace, with a little Salt, two Anchovies, and a small Onion ; let it stew till it is tender, then take out your Onion, and put in a quarter of a Pint of Cream, a Piece of Butter work'd up in Flour, and stir it over the Fire till all is as thick as Cream, and wring in the Juice of a Lemon, and be careful it do not cruddle ; serve it on Sippets, and put over it some Mushrooms and Oysters.

*Fricassey of Eggs.*) Boil ten or twelve Eggs hard, cut them in Quarters into a Pint of strong Gravy, and a quarter of a Pint of white Wine ; season them with Cloves, Mace, Pepper and Salt, and boil a little Spinage to colour them Green, with a few Mushrooms and Oysters, and stew it a little while gently ; thicken it with a Piece of Butter and the Yolk of an Egg, and a little Flour all rolled up together, and make it thick, and serve it with crisp Sippets, Lemon and fry'd Parsley.

*An excellent Way of dressing Chickens*) Take out the Breasts, lard them, and force them with forc'd-meat, and stew them in a Pan, and Dish them : Let your Sauce be Butter not too thick, Gravy and shred Parsley.

*To Fricassey Chickens.*) Take three Chickens about six Months old, Flea them, and cut them in Pieces ; and put them into your Stewpan, with as much Gravy and Water as will cover them ; put in two Anchovies well washed, some whole Pepper, Salt and a blade of Mace, a small Onion and a few Cloves ; set them to stew over a gentle Fire, and when they are enough, take them from the Liquor, and fry them in Vinegar, but a very little ; strain the

the Liquor and take as much of it as you shall want for Sauce ; put to it a little Parsley, Thyme and Sorrel boiled Green, and shred fine ; half a Pint of sweet Cream, two Yolks of Eggs well beaten, some grated Nutmeg ; shake them all over the Fire, 'till 'tis thick ; add to it half a Pound of Butter, and shake it 'till its melted, and then serve it up.

*A Ragoo of Snipes.*] Cut them in four, and toss them up in melted Bacon, or Butter, but let all their Entrails remain with them ; season them with Pepper, Salt, and the Juice of Mushrooms, and stew it together 'till it's done ; then squeeze in a Lemon, or Orange, and serve them up.

*To broil Chickens.*] Take fat Chickens, and slit 'em down the Back ; season them with Pepper and Salt, and lay them on a clear Fire, not too fierce ; lay the Inside next the Fire ; when half done, turn them very often, and baste them well, and strew on the Raspings of French Bread sifted fine. For Sauce, take a Handful of Sorrel, dip it in hot Water, then drain it ; add half a Pint of Gravy, a Shallot shred small, a little Parsley and Thyme, a bit of Butter to thicken it ; lay your Sorrel in Heaps, and pour on the Sauce.

*Chickens Forc'd with Oysters.*] Lard and truss them ; make a Forcing of Oysters, Sweet-breads, Parsley, Truffels, Mushrooms, and little Onions ; chop these together, and season it ; mix it with a Piece of Butter, Yolk of an Egg, and tie them at both Ends, and roast them : Make for them a Ragoo, and garnish it with sliced Lemon

*To boil a Turkey with Oysters.*] Take half a Pint of Water, half an Anchovy, three Spoonfuls of Oyster-Liquor ; thicken it well with Flour over the Fire ; then stew your Oysters with the rest of the  
C Liqueur,



Liquor, and two Blades of Mace, a little whole Pepper ; then take out your Oysters, and strain all the Liquor : When your Turkey is almost ready, put all your Sauce together, with a Piece of Butter, and a Spoonful or two of Gravy, a Spoonful of white Wine, a little Lemon-juice, and shake it over the Fire, and pour it over the Turkey, and serve it.

*To dress Snipes.]* First slit and wash them, but take nothing out of their Bellies ; toss them up in a Stew-pan, over a clean Fire, with a little melted Bacon ; season them to your Palate with Pepper and Salt ; pour in some Ketchup, and when they are enough, squeeze in the Juice of a Quarter of a Lemon, garnish them with Lemon-peel sliced, and serve them.

*To boil Pullets and Oysters.]* Boil them in Water and Salt, with a Piece of Bacon : For Sauce, melt a Pound of Butter, with a little white Wine and strong Broth, and a Quart of Oysters ; then put your Pullets in a Dish, cut the Bacon, and lay about them, with a Pound or two of fry'd Sausages, and garnish it with sliced Lemon.

*An admirable way to boil Fowls.]* Boil them as aforesaid ; for the Sauce, toss up Sweet-breads, Artichoke-bottoms, Lamb-stones Cocks-combs, and hard Eggs, all sliced in strong Broth, and white Wine, with Asparagus-tops and Spice ; thicken it with a bit of Butter kneaded in Flour ; garnish the Dish with sliced Lemon.

*To dress Chickens and Asparagus.]* First force your Chickens with good Forc'd-meat, and boil them white ; cut your Asparagus-tops about an Inch in Length, and parboil it in Water, a little Flour and Butter, and drain it well ; then put into your Sauce-pan a little Butter and Salt, and dissolve it gently ;



gently ; add to the Asparagus a little minc'd Parsley and sweet Cream, a little Fennel, some Nutmeg grated, Pepper and Salt ; then stew it over a gentle Charcoal Fire, squeezing in it a little Lemon-juice, and so serve it on your Chickens.

*To Force all Sorts of Fowl.]* Take Veal Sweet-breads, Oysters, Anchovies, Marjoram, a little Thyme and Savory, with some Lemon-peel, Salt, Pepper and Nutmeg ; put the Yolk of an Egg to them to make them stick together ; raise up the Skin of your Fowl, stuff it, and close it down again ; fill their Bellies with Oysters, roast them, and serve them up with Gravy Sauce.

*To hash Chickens.]* Cut six Chickens into Quarters, cover them almost with Water, and season them with Salt, Pepper, a Handful of shred Parsley, half a Pint of white Wine ; when they are boil'd enough, add these to the Yolks of six Eggs, with a little Nutmeg, Vinegar and Ketchup, and a good Piece of Butter ; warm all these together, and pour them into a Sloop-dish, and serve them.

*Pullets with Slices of Ham.]* First truss your Pullets, cut some slices of Ham, for each Pullet one ; beat them a little, and season them with shred Cives and Parsley ; loosen the Skin of your Pullets Breasts with your Finger, and slide in a slice of Ham between the Skin and the Flesh ; then blanch your Pullets, by laying them before the Fire ; wrap them up in Bards of Bacon, and roast them ; when roasted, and the Bards taken off, put them in a Dish, and pour on them some Essence of Ham.

*To boil Pigeons.]* Stuff your Pigeons with sweet Herbs, chop'd Bacon, a little grated Bread, a little Butter, Spice, and the Yolk of an Egg ; then boil them in strong Broth, white Wine Vinegar, Mace,

Salt, Nutmeg and Parsley minc'd, and drawn Butter : Garnish your Dish with sliced Lemon and Barberries.

*To Fricassey Pigeons in their Blood.*] Take some Pigeons from the Dove-House, just before they are ready to fly, and bleed them to Death, and save the Blood ; squeeze a Lemon into it, or it will change ; scald your Pigeons and cut them in Quarters ; draw them, and save what more Blood you can ; put them into your Stew-pan ; first season them with Pepper and Salt, and a Faggot of sweet Herbs ; add Mushrooms, Truffels, Morels, Cocks-combs, Sweet-breads, Pallats and Artichoke-bottoms, and toss them all up in melted Bacon ; throw in a little Flour, and two Spoonfuls of Gravy, and make it simmer over a clear Fire ; when it is enough, skin off the Fat, and thicken it with a Cullis ; strain your Blood thro' a Sieve, and beat it up in the Yolk of an Egg, and put in a little minc'd young Parsley ; when you are ready, pour in the Blood, and continue stirring it (and not let it boil) till hot, and serve it : Garnish it as you please.

*To boil Rabbits.*] Truss them for boiling, and lard them with Bacon, then boil them quick and white : For the Sauce, take the boiled Liver, shred it with fat Bacon, and toss these up together in strong Broth, with white Wine and Vinegar, Mace, Salt, Nutmeg and Parsley minc'd, Barberries and drawn Butter ; lay your Rabbits in a Dish, and pour it over them, and garnish with sliced Lemon and Barberries.

*An admirable Cullis.*] Take according to the Quantity you design to make, three Pounds of lean Veal, with half a Pound of Ham ; cut it in Slices and lay it in the Stew-pan ; put to it a little sliced  
Onion,

Onion, Carrot and Parsnip, then set it over your Stove; when it begins to stick, and you find it has a good Colour, put to it a little melted Bacon; throw in a little Flour, and keep it moving; wet it with strong Broth and Gravy, of each alike; season it with four Cloves, half a Leek, some Parsley, a Bay-leaf, Truffels and Mushrooms minced small, and the Crust of two or three French Rolls; let all this simmer together near an Hour; take out the Slices of Veal, that they may not discolour it; then strain it through a Sieve: This may be used to all manner of Ragoos.

*To stew Pigeons white.]* Take twelve Pigeons, with their GIBLETS, and quarter them, and put them in a Stew-pan, with just Water sufficient to stew them without burning; let your Fire be clear, and not fierce; when they are tender, thicken the Liquor with the Yolks of two Eggs, six or seven Spoonfuls of sweet Cream, a little Butter, and a little shred Thyme and Parsley; shake them all together, and garnish it with Lemon.

*To dress a Green Goose.]* Cut your Goose in two, and put it in a Stew-pan; and at the Bottom, put Bards of Bacon and Beef, with Onions, Savory, Thyme and Marjoram; with Carrots, slices of Lemon, Pepper, Cloves and Salt: Put it over a good Charcoal Fire till enough, often turning it; then make a Ragoos of Green Pease, tofs'd up with a little fresh Butter and Flour, a Bunch of sweet Herbs, Salt and Pepper, moisten it with Gravy; and when you serve it, thicken it with the Yolks of two Eggs, beat it in Cream: Dish up your Goose and pour the Ragoos upon it.

This Ragoos serves for a Brest of Veal, or Pigeons stew'd.



*To boil Geese.*] Let them be powdered, and then fill their Bellies with Oatmeal, which is best first to be steep'd in Milk; or a little small Broth, warm: You may season it as you please, with Herbs, Spice and Onions; some will put in Beef-suet; but that is as you like: When you have filled the Belly, tie it at the Neck and Vent, boil it with Greens and Roots, and serve it up.

*To roast Larks.*] When they are pick'd, truss their Feet on their Backs, and not draw them; you may lard them with small Lards of Bacon, or you may put them on a wooden Skewer, and put a little lard of Bacon between two of them, and tie them on a Spit; when they are near done, dridge them with Salt and fine Bread-crumbs, and just crisp them: You may put in the Dish with them fry'd Crumbs of Bread, Verjuice, Pepper and Salt, with the Juice of an Orange, and serve them.

Note, *You may make Fricasseys, or Ragoos, or Puptons of these as you make of other Fowls; but they are generally done whole; and Ox-birds are done the same Way with Larks, but then you must mind to draw them.*

*To stew Wild Fowl.*] Roast them till half enough, and cut them in Pieces; set them over a Chafing-dish of Charcoal with half a Pint of Claret, and the same Quantity of Beef-gravy, first boil'd and season'd with Spice and Shallot; stew it in this Liquor till high colour'd, and well mix'd, and then serve it.

*Giblets stew'd.*] Parboil them, and toss them up in a Stew-pan, as a Fricassey, and put into your Pan some strong Broth; cover them close, and let them stew gently, till the Broth is near wasted: In the mean Time, take two French Rolls, and let them  
simmer

simmer in strong Broth ; and when ready to serve, place them in the middle of your Dish, and lay your GIBLETS upon them, and round them ; then pour on some Mutton Gravy, made thus : Half roast your Meat, then pick it, and squeeze it in a Press, to force the Gravy out : Take two Spoonfuls of good Broth, wet your Meat with it, and press it again ; Salt it, and keep it in an earthen Pot, and use it as you want it.

*To make Salomungundy.*] Take some of the Flesh Part of a Turkey, and the like Quantity of a Chicken minced very small ; a few hard Eggs, and half the Whites ; some Anchovies, Capers, Mushrooms and Lemon-peel minced very small ; a little Sorrel, Cives and Spinage : Mix and mince all these well together, pour over it the Juice of Orange, Oil and Vinegar, and serve it : Garnish it with Barberries.

*To Pot Beef.*] Take a good Buttock of Beef, and cut out the Bone, and lay it flat and flash it in several Places ; then Salt it well, and let it lie in in the Salt three Days ; then take it out, and let it lie in running Water with a Handful of Salt three Days longer ; then take it out, dry it with a Cloth, and season it with Pepper, Salt, Nutmeg, Cloves, Mace, and two Ounces of Salt-Petre finely beaten ; then shred two or three Pounds of Beef Suet, and a Pound of Butter, put some in the bottom of the Pot you bake it in ; then put in your Beef and the rest of the Butter and Suet on the Top ; cover your Pot over with coarse Paste, and set it in all Night with Household Bread ; in the Morning draw it, and pour off all the Fat and Lean, and Work it in to your Pots that you keep it in while it is hot, or it will not close so well ; then cover it with the  
clear

cleat Fat you poured off; Paper it when it is cold, it will keep good a Month or six Weeks.

*To Pot Neats-Tongues.*] Take Neats-Tongues, and rub them very well with Salt and Water (bay Salt is best) then take Pump-water, with a good deal of Salt-petre, and some white Salt, and some Cloves and Mace, and boil it well, and scum it, and when it is cold put your Tongues in, and let them lie in it six Days; then wash them out of the Liquor, and put them in a Pot, and bake them with Bread 'till they are very tender; and when they are taken out of the Oven, pull off their Skins, and put them in the Pot you intend to keep them in, and cover them over with clarified Butter: They will keep four or five Months.

*To Dry Hams.*] Take to every two Ounces of Salt-petre a Pint of Petre-salt, and rub it well, after it is finely beaten, over your Tongue, and then beat a Pint of Bay-salt, and rub on over it, and every three Days turn it; and when it has laid nine or ten Days, hang it in Wood Smoke to dry. Do a Hogs Head this Way. For a Ham of Pork or Mutton, have a Quart of Bay-salt, Half a Pound of Petre-salt, a Quarter of a Pound of Salt-petre, a Quarter of a Pound of brown Sugar, all beaten very fine, mix'd together, and rubbed over it; let it lie a Fortnight: turn it often, and then hang it up a Day to drain, and dry it in Wood Smooke.

*To Salt Hams, Tongues, &c.*] Take of Spanish Salt, a Peck, of Salt-petre four Ounces of double refin'd; five Pounds of very brown Sugar; put all these to as much Water as will bear an Egg; after it is well stir'd, lay the Hams so that they're cover'd with the Pickle; let them lie three Weeks if middling Hams, if large a Month; when you  
take



take them out, dry them well in a Cloth, and rub them with Bay-salt ; then hang them up to dry, and Smooke them with Saw-dust every day for a Fortnight together ; the Chimney you hang them in must be of a moderate Heat, the Pickle must be raw, and not boil'd. This Quantity is enough to Salt six Hams at a Time. When you take them out, you may take the Pickle, and skim it clean, putting in some fresh Salt. If you keep your Hams 'till they are dry and old, lay them in hot Grains, and let them lie 'till cold, then wrap them up in Hay, and they will boil tender ; set them on in cold Water when they are dry, the Houghs being before stopped with Salt and ty'd up close in brown Paper, to keep out the Flies. — Note, *Neats Hearts, Tongues, or Hogs Cheeks do well in the same Pickle ; the best Way is to rub Hams with Bay Salt and Sugar, three or four Days before you put them in this Pickle.*

*To boil a Tongue.*] A Tongue, if Salt, put it in the Pot over Night, and do not let it boil till about three Hours before Dinner, and then boil it all that three Hours ; if fresh out of the Pickle, two Hours, and put in when the Water boils.

*Directions concerning Garden Things.*] Most People spoil Garden Things by over boiling them, all Things that are Green should have a little Crispness, for if they are over boil'd they neither have any Sweetness or Beauty.

### S O O P S.

*Portable Soop, or solid Broth so much esteem'd by the Gentry of this Kingdom, when on a Journey.*] Take two large Cocks or Capons, break their Bones, without spoiling their Flesh ; eight Pounds of a Fillet of Beef, or Veal, a Marrow-bone, half a Calf's  
Foot,

Foot, and them altogether in an earthen Pot, with as much Water as you think will do ; let it boil, and scum it clear ; add to it as much Ginger as you can take up between your two Fingers and Thumb, twenty Grains of Pepper, eight Cloves, three large Pinches of Mace, two Bay-leaves, and boil it on a gentle Fire, without Flame, for eight or ten Hours, and take off the Fat, and strain it through a Napkin, and press it hard to get out all the Juice ; then let it stand twenty-four Hours, and skim off the Fat again, and put your Soop into an earthen glaz'd Pot, and let it boil on a gentle Fire till it grows as thick as Syrrup, and put it in shallow earthen Dishes, and dry it, either on warm Sand, or in the Air ; it will take four Days in drying ; for if the Sand is too hot, it will dissolve it : When it begins to be as thick as Glew, cut it into small Pieces, and turn them often in the Dishes, till they are entirely dry ; wrap them in Papers, and use them thus : When you want a Soop, dissolve a Piece in boiling Water, with Salt.

*Sallery Soop.*] Take good Gravy and strong Broth, of each the like Quantity ; take four bunches of Sallery, ten Heads of Endive, and wash them, the Outside being taken off, cut them in Pieces about an Inch long. This Soop may be Brown or White ; if Brown, put your Herbs into two Quarts of boiling Gravy, being first blanch'd in boiling Water five or six Minutes ; then take the Crust of two French Rolls, and boil them in three Pints of Gravy ; strain it through a Strainer, and put it to the Herbs (when they are near ready) with a Pullet in the Middle and some Bread well soak'd in the Broth. — In all Soops you must not put in your Thickening till your Herbs are very tender.

*Onion*



*Onion Soop.*] Take two Quarts of strong Veal Broth, fourteen large Onions, and cut them thin, and fry them tender : then burn half a Quarter of a Pound of Butter black ; and toss up your fry'd Onions, and put them in ; then stew them half an Hour in your Broth, and take the Yolks of eight Eggs well beaten, six Spoonfuls of Spanish Wine, and put them in a quarter of an Hour before you serve up, and keep stirring till you send it away. Let your Bread be cut in Dice and fry'd.

*Pease Soop.*] Boil a Quart of good Seed Pease tender and thick, strain and wash it through with a Pint of Milk ; then put thereto a Pint of strong Broth boil'd with Balls, a little Spare-mint, and a dry'd French Roll ; season it with Pepper and Salt ; cut a Turnip in Dice, fry it and put in.

*Vermicelly Soop.*] Take two Quarts of good Broth, made of Veal and Fowl, put to it about half a Quarter of a Pound of Vermicelly, a bit of Bacon stuck with Cloves ; take the bigness of half an Egg of Butter, and rub together with half a Spoonful of Flour, and dissolve it in a little Broth to thicken your Soop ; let your Garnish be a Rim, on the Outside of it cut a Lemon ; soak your Bread in your Dish with some of the same Broth ; take the Fat off, and put your Vermicelly in your Dish, and serve it.

*Rice Soop.*] Rice Soop you may make as Vermicelly Soop, only your Rice being first boiled tender in Water ; and it must boil an Hour in strong Broth, and half an Hour will boil Vermicelly.

*A good English Soop.*] Take a Shin of Beef, a bit of Bacon, not too salt, and half a Pound of Rice ; set them on the Fire in as much Water as you think  
will



will boil them to Rags; keep it cover'd all the while; when the goodness of the Meat is gone, strain it off, and put to it some whole Pepper, some Cloves, Mace and Salt, and a Quarter of a Pound of the best Vermicelly; put in the middle of it a boil'd Fowl, with Spice, a little Thyme and Marjoram, and serve it up in a deep Soup Dish.

*A strong Broth.*] Take three or four Gallons of Water, and put therein a Leg and Shin of Beef cut into five or six Pieces; boil it twelve Hours, now and then stir it with a Stick, and cover it close; when it is boil'd, strain and cool it, let it stand till it will jelly; then take the Fat from the Top, and and the Dross from the Bottom.

*Fine Gravy*] Take a lean Piece of Beef, cut in thin Slices well beaten, and fry'd brown with a Dump of Butter, till the goodness is out; put the Meat aside, and put into the Gravy a Quart of strong Broth, half a Pint of Claret, four Anchovies, a Shallot, a little Lemon-peel, Cloves, Mace, Pepper and Salt; let all boil well together; and when your Gravy is ready, put it into a Gallipot, and set it by till call'd for.

### *How to dress Fish in an elegant Manner.*

*To stew Carps an admirable Way.*] Scrape and gut them, and put them into a Stew-pan with the Blood, and half a Pint of White-wine Vinegar, and as much Claret, as will cover them, with a bundle of sweet Herbs, one Onion, two or three Anchovies and Jamaica Pepper; set them over a Charcoal-fire, and let them stew gently; you must turn them two or three Times: When you are ready, take them up out of the Liquor into a Dish, and keep them hot; then put in half a Pound of Butter, and the Yolks

Yolks of two Eggs, and some Mushrooms, and shake it over the Fire to thicken ; then pour it over the Fish. If you please you may leave out the Blood, and put in Oysters and Shrimps.

*To butter Lobsters.]* Take out all the Meat, and put it into a Sauce-pan with a little season'd Gravy, a little Vinegar and drawn Butter, and set over a Fire for a little while ; then fill your Shells, and put the rest in small Plates.

*To fry Eels.]* Strip them, take out the Bones and cut them in Pieces, lay them for about two Hours in Salt, Pepper, Bay-leaves, sliced Onion, Vinegar and Juice of Lemon ; then flour them well, and fry them in clarify'd Butter, and serve them : Garnish the Dish as you please.

*Spitch-Cock Eels.]* For this way of dressing, the Eels must be pretty large ; clean your Eels very well with Salt, and a coarse Cloth ; then skin and gut them clean, and cut the Eels in four Pieces and notch them in the Sides, and season them with Pepper, Salt, Mace and some Sweet-herbs chop'd fine, and rub them over with Butter, and slip the Skin on again ; tie them at both Ends, and broil them over a gentle Fire ; serve them with drawn Butter and fry'd Parsley round them.

*To roast Lobsters.]* Take a Lobster, or as many as you will when alive, and bind them to a Spit with Pack-thread, with the Claws out 'strait, and the same Time will be required for roasting, as boiling, and baste them with Butter and Vinegar, and if you please you may tie a bunch of Herbs to a Stick and dip it in the Butter and Vinegar, and baste with that, and mind in the roasting to salt them : serve them up as they come off the Spit, with Butter in a China Cup.

*To dress Craw-Fish.*] Boil them in Water, pick out the Tails, and take away the small Claws, leave the large ones, but take the Shells from them ; toss them up with fresh Butter, Mushrooms and Truffels ; moisten them with Fish-broth, and simmer them over a clear Fire : when ready, thicken your Sauce over the Stove with the Yolks of Eggs, beat in Cream mix'd with shred Parsley, and serve them.

*An admirable Way to roast a Pike.*] Spit your Pike at length, with a Splinter on each Side, with a bunch of sweet Herbs, and an Onion stuck full of Cloves, and three Bay-leaves in the Belly, and wound about with Thread to fasten it : then take a large bunch of sweet Herbs, and put Butter on them, and baste with it, instead of a basting Ladle, and so roast it : For the Sauce, have three Onions stuck with Cloves, boil'd in white Wine, Anchovies, Bay-leaves and Butter, thicken'd with grated Bread.

*A Pike with Oysters* ] First Scale and gut it, and wash it clean : cut it in Pieces, and put them into a Stew-pan, with white Wine, Parsley, Cives, Mushrooms and Truffels : all of them hash'd together, with Salt, Pepper and Butter, and set over a Stove to stew ; blanch some Oysters in Water, and a little Verjuice : then throw them, with their own Liquor into the Stew-pan, when the Pike is near enough : when done serve it : Garnish your Dish with sliced Lemon.

*A Pudding for the Belly of a Pike.*] Take crumbs of Bread finely grated, worked up in a Lump of Butter, and seasoned with a little Anchovy finely shred, a little Onion shred, and sweet Herbs, with a little grated Nutmeg and the Liver of the Fish.

*Note,* The Liver is not always put in.



*To boil a Cod's Head.]* Set your Kettle on the Fire with Water, Vinegar and Salt, a Faggot of sweet Herbs, and a large Onion : when the Liquor boils, put in the Head, on a Fish-plate : in the boiling, put in cold Water and Vinegar : when it's boiled drain it well : and for Sauce, take Gravy and Claret, boiled up with a Faggot of sweet Herbs and an Onion, two or three Anchovies, half a Pint of Shrimps, and the Meat of a Lobster shred fine : then put the Head on a Dish, pour the Sauce thereon, stick small Toasts on the Head, and lay about it the Spawn, Melt and Liver : Garnish it with Parsley, boiled Barberries and Lemon.

*To broil Chubs.]* When you have scalded the Chub, cut off his Tail and Fins, wash him clean, and slit him through the Middle : then cut it three or four Times on the back, and broil it over Charcoal ; while it is broiling baste it with good Butter, mingled with Salt, and some Thyme shred fine.

*To stew Tench.]* Cut your Tench and wash them clean, fry them in brown Butter, then stew them with white Wine, Verjuice, a Faggot of sweet Herbs, Salt, Pepper, Nutmeg, a Bay-leaf and a little Flour : When the Fish is enough, put in Oysters, Capers, Ketchup and Lemon : Garnish your Dish with crisp Bread.

*A Fowl of Salmon boiled.]* Take a Faggot of sweet Herbs, a little Lemon-peel, some Mace, Pepper, Salt and Nutmeg, two Quarts of Water, a Pint of Vinegar, an Onion stuck with Cloves, and set these over the Fire to boil a good while ; then put in your Fish ; half a Quarter of an Hour boils it ; take it up and drain it : For Sauce take strong Broth, two Anchovies boiled and strained, half a Pint of Claret, a little Lemon-juice, a Pound of Butter,

Butter, a little Flour, with some Shrimps tofs'd up therein ; pour this on the Fish : Garnish with Lemon-peel.

*To boil a Turbut or Holiburt.]* Your Fish being made clean, make a Bouillon of half Wine and Water, and season it with Spice, Salt, Herbs and Lemon-peel ; let it boil some Time before you put in your Fish, and boil it half a Hour, scum it as it boils, then take it up and drain it ; you may serve it on a clean Napkin, with Lemon and Parsley, or in a Dish, with Fish-sauce upon Sippits or plain Butter.

*To make an excellent Sauce for Salmon.]* Put into the Liquor of the Salmon, when you boil it, Salt, Vinegar and Mace ; take a Quarter of a Pint of the Liquor, and draw your Butter with it ; mince into it an Anchovy wash'd clean, some Lemon-juice and Nutmeg, half a Pint of Shrimps : two Spoonfuls of white Wine, with Ketchup and Mushrooms.

*To dress Crabs.]* Take out the Meat and cleanse it from the Skins : put it into a Stew-pan, with a Quarter of a Pint of white Wine, some crumbs of white Bread, an Anchovy and a little Nutmeg ; set them over a gentle Charcoal Fire, with the Yolk of an Egg beat into it, a little Pepper, and stir all together, and serve them.

*To dress Smelts.]* Let them stew in a Pan with Butter, white Wine, a Piece of Lemon, a little Flour and Nutmeg, and serve them up with Capers.

*To make a good Sauce for all fresh Fish.]* Take two Anchovies, and boil them in a little white Wine a Quarter of an Hour, with a little Shallot cut thin ; then melt your Butter very thick, and put in a Pint of pick'd Shrimps, and give them a Heat in the Butter, and pour them upon the Fish : You may add Oyster Liquor if you will.



## Force-Meats, Harshes, &c.

*Forc'd-Meat, to be used as Occasion requires.*] Take four Pound of a Leg or Fillet of Veal, and two Pound of fat Bacon, two Pound of the best Suet ; boil them over a clear Fire three Quarters of an Hour, and throw them into cold Water, least your fat Bacon should dissolve in mincing ; Mince all these very fine, each sepearte, and then all together ; then take the Crumb of four *French* Rolls soaked in Milk, sixteen Eggs raw, Pepper, Salt, Onion and Parsley, according to your Palate, half an Nutmeg ; and put all these, with the above Ingredients, into a Mortar, and pound them very fine, and keep it for your Use : This may be used for most Dishes ; indeed in Pies, Eggs are not proper.

*Scotch Collops an excellent Way.*] Take the Flesh Part of a Leg of Veal lard it with Bacon, as much as you think fit, sliced very thin ; then take half a Pint of Ale, and do the Veal in it, till the Blood be out ; then pour out the Ale into a Porringer, and take a little Thyme, Savory, and sweet Marjoram, chopp'd small ; strew it over the Veal, fry it in Butter, and flour it a little, till enough ; then it put in a Dish ; put the Butter away, and fry thin bits of Bacon and lay in the middle of the Dish. For the Sauce, put into the Ale, four Anchovies, and a little white Wine, the Yolks of two Eggs, a little Nutmeg or Pepper : Melt the Anchovies before you put in the Eggs ; and when it begins to thicken, put in a Piece of Butter and shake it about till melted ; then pour it over your Meat. You may do it in Gravy instead of Ale ; melt your Anchovies in white Wine.

*Calf's Head Hash'd.*] Boil the Head till the Meat is near enough for eating, take it up, and cut is into  
D  
thin



thin Slices ; then put to it half a Pint of good Gravy : To this Liquor put two Anchovies, half a Nutmeg, a little Mace, and a small Onion stuck with Cloves ; boil this up in the Liquor a Quarter of an Hour ; then strain it, and let it boil gently again ; then put in your Meat, with a little Salt, and some Lemon-peel shred fine, and let it stew a little : Mix the Brains with the Yolks of Eggs, and fry them for Garnish ; when the Head is ready, shake in a Piece of Butter, and serve it.

*An admirable way to roast a Calf's Head.]* Take a Calf's Head with the Skin on, and boil it an Hour and a half ; when cold, lard it with Lemon-peel, and then spit it ; when enough, make good savoury Sauce, as you do for a hash'd Head, and put into it forc'd Meat Balls fry'd Sweet-bread, Eggs and Clary, a little Bacon, some Truffels and Morels, Mushrooms and Oysters, and a little Lemon-juice, and mix it all well together with the Sauce, and pour over the Head.—It may be done as well with the Skin off, as it comes from the Butcher's.

*To make forc'd Meat Balls.]* Take a Pound of Veal, and the same weight of Beef-suet, and a bit of Bacon, shred all together ; beat it in a Mortar very fine, then season it with sweet Herbs, Pepper, Salt, Cloves, Mace and Nutmegs ; and when you roll it up to fry, add the Yolks of two or three Eggs to bind it ; you may add Oysters, or Marrow, at an Entertainment.

*To roast Tripe ]* Take the best Roll of Tripe you can get, and put it into Water and Salt, for twelve Hours ; then take it out, and dry it well, and cut in half. For your Seasoning, take Suet, Thyme, Parsley and Bread crumbled fine, of each an equal Quantity ; a little Lemon-peel, Pepper, Salt and Nutmeg : Mix these well all together, with the  
Yolks

Yolk of an Egg ; then take half your Tripe, and spread the above Ingredients upon it, on the fat Side, then put the other half upon it ; and roll it as hard as you can, and bind it with a Fillet, and then put the Spit through it, and baste it with Butter ; it will take as much Roasting as a Fillet of Veal. The Sauce is only Butter and Gravy : When it is done, take off the Fillet, and serve it.

*To stew Beef-Stakes.*] Take the Stakes off the Rib, and half broil them, and put them in your Stew-pan, cover'd with Gravy ; let them be well season'd with Pepper and Salt ; roll up a bit of Butter and Flour, and the Yolk of an Egg, and throw it in ; serve it with a few Capers thrown over it.

*To roast a Chine Mutton.*] First raise up the Skin from the Chine-bone, a little downwards ; then take some slices of lean Bacon season'd with Pepper, and roll'd Cives and shred Parsley, and spread them over the Chine, and lay Bards of Bacon over them, and turn the Skin over it ; tie the Chine with Tape and put white Paper over to prevent discolouring it, roast it at a clear Fire ; in roasting, throw Crumbs of white Bread over it : when enough, serve it with a Repalia of Cucumbers.

*To roast Venison.*] After the Haunch is spitted, beat the Whites of three or four Eggs, and sprinkle in some of the best Flour, and rub it over your Meat with a Feather ; baste it with sweet Butter, and dredge it with Flour. For your Sauce, boil Claret, a little Pepper, Mace, Salt, Gravy and Butter ; thicken it with grated Bread.

*To make Mustard.*] Chuse good clear Seed, and pick it, and wash it in cold Water ; drain it, and rub it very dry in a clean Cloth ; then pound it in a Mortar, with the best white Wine Vinegar, and

Strain it, not to thin, and keep it always close cover'd or it will lose it's Strentgth.

*Eggs made to eat like Mushrooms.*] Take six Eggs, and boil them hard, peel them, and cut them in thin Slices ; put a Quarter of a Pound of Butter into the Frying-pan, and make it hot ; then put in your Eggs, and fry them quick, for half a Quarter of an Hour ; throw over them a little Salt, Pepper, and Nutmeg. For Sauce, take a Pint of white Wine the Juice of a Lemon, a Shallot shread small, a Quarter of a Pound of Butter, and stir it all together, and lay it on Sippets, and serve it.

*Beef dry'd after the Yorkshire Way.*] Take the best part of a Buttock of the fat Ox, and cut in what Shape you please ; then take a Quart of Petre-salt, and as much good Bay-salt as will salt it very well, and let it stand in a cold Cellar ten Days in Salt, in which Time you must turn it and rub in the Salt ; then take it out of the Brine, and hang it in a Chimney where a Wood Fire is kept, for a Month ; in which Time it will dry, and keep a Year. When you eat it, boil it tender ; and when cold, cut it in Slices, and eat it with Vinegar and Bread and Butter.

*To roast a Tongue and Udder.*] Boil the Tongue a little, blanch it, and lard it with Bacon, the length of an Inch, being first seasoned with Nutmeg, Pepper and Cinnamon, and Stuff the Udder full of Cloves : then spit and roast them : baste them with sweet Butter, and serve them up with Claret Sauce ; garnish with sliced Lemon.

*To clarify Butter.*] Melt your Butter in a large glaz'd Pot, on a gentle clear Fire, put a little Water to it, and shake them well together ; when it is cold, take away the Curds and Whey from the Bottom ;



Bottom ; do this three or four Times ; the last Time put in a Spoonful of Orange-flower-water, and shake it well together, and pour it into your Gallipots for use : stop it down with Bladder and Leather. This will keep some Time.

*Veal or Mutton Cutlets* ] Dip them in melted Bacon, and season them with all Sorts of savory Herbs, Salt and Pepper, and strew over them the Crums of white Bread, and broil them over Stove, and serve them up with Gravy ; instead of Gravy, you may serve them up with a Ragoo of Sweetbreads, Mushrooms and Morels : Garnish with fry'd Parsley and Lemon.

*To make Sausages.*] Take a Pound of the Flesh of a Leg of Pork and shred it fine ; then take a Pound of Hog's Fat, and cut it small with a Knife ; and to every Pound of Flesh and Fat, take half an Ounce of white Pepper, one large grated Nutmeg, a Penny-worth of beaten Cloves and Mace, a Spoonful of shred Sage, and two or three Tops of Rosemary cut very fine, and Salt it to your Palate ; mix all these well together, with a little cold Water, and so fill your Guts prepar'd for the Purpose.

*Sausages of Veal or Lamb.*] Take some of the Lean of a Leg of Veal, or Lamb, cut it small, and pound it in a Mortar ; season it with Salt, Pepper, Cloves, Mace and Nutmeg ; temper it well together ; put in a little Sage chopt, and three or four Yolk of Eggs ; make them long like Sausages, upon a Pie-plate, so fry them with sweet Butter, turning them often in the Pan ; you may roul them in Yolks of Eggs.

*To salt Hams and Tongues.*] Take three or four Gallons of Water, and put to it four Pounds of Bay-salt, four Pounds of white Salt, a Pound of Petre salt,

a Quarter of a Pound of Salt-petre, two Ounces of Prunella-salt, and a Pound of brown Sugar ; let it boil a Quarter of an Hour, scum it well ; when it is cold, serve it from the bottom into the Vessel you keep it in.

Let Hams lie in this Pickle four or five Weeks ; a Clod of Dutch Beef as long ; Tongues, a Fortnight ; Collar'd Beef, eight or ten Days ; dry them in a Stove, or Wood Chimney ; the latter is best.

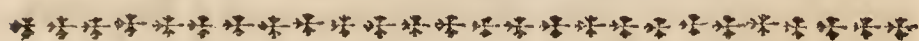
*To salt Neats-Tongues to be dry'd.*] Take to every Tongue two Ounces of Salt-petre, and beat it very fine ; and rub it over the Tongue well ; then take a Pint of Petre-salt and rub that over ; and every three Days turn it. When it hath laid nine Days in Salt, dry it in the Smoke of a Wood Fire. A Hog's Head is salted as you do the Neats-Tongues, and dry'd the same Way.

*A Leg of Pork Ham Fashion*] The Pork must be cut like a Ham : then a Quart of ordinary Salt, and a Quart of Bay-salt, and heat it very hot : mix it with a Pound of coarse Sugar, and an Ounce of Salt-petre beaten fine, and rub the Ham very well with it, and cover it all over with what is left, for it must go all on, and let it lie three Days, then turn it every Day for a Fortnight, then take it out, and Smoke it as hot as you can.

*To make Verjuice.*] Get the clearest and best Crabs, when they are near ripe, and lay them all together in Heaps to Sweat : then throw away the Rotten ones, and pick out the Stalks, and beat them in a Mash : squeeze the Juice through a Hair Sieve, and put it into Bottles, and Cork them close.

*To make Polonia Sausages.*] Take a Piece of red Gammon of Bacon, and half boil it ; and mince with it the same Quantity of Bacon lard, and put to them  
minc'd

minc'd Sage, Thyme, Pepper, Salt, Cloves, Mace and Nutmeg, finely beaten, the Yolks of two or three Eggs to bind it, and as much red Wine as will bring it to a thick Body : mix them well with your Hands, and fill them in large Skins, and hang them in a Chimney (where Wood is burnt) to dry : take Care they are not Smoked.



## P I C K L I N G.

*To Pickle Cucumbers.*

**M**AKE a strong Pickle of Salt and Water, so as bear an Egg, and boil it, pour it boiling hot upon the Cucumbers, and let them stand two Hours, then take Vinegar with a little Pepper and Mace, then put your Cucumbers in it, set it on the Fire, hang your Pot pretty High, and let it simmer till they look Green, but do not let it boil, then take them off and cover them close, the next Day boil your Pickle and pour it over them again.

*To Pickle Oysters.]* Take a Bushel of large Oysters, save the Liquor, and if that is not enough, add to it some white Wine, half an Ounce of Mace, and as much Pepper whole, let them boil together till you think they are enough, then take out the Oysters, and take a quarter of a Pint of Vinegar, and white Wine, a Handful of Salt, put it to the Liquor and boil it a quarter of an Hour, put them into an earthen Pan, and when cold put the Liquor to them.

*To pickle Melons or large Cucumbers.]* Take the largest and greenest Cucumbers, cut out a Piece the length of your Cucumbers in one of the Sides, cleanse the Seeds and dry them well ; then pour in to them some Cloves, Mace, whole Pepper and bruised Mustard-seed ; peel two or three Cloves of  
Garlick,



Garlick, and the same Quantity of Shallot, some Ginger sliced thin, according to the Quantity you make ; and put in a little Salt ; lay the Piece in its Place, that you cut out of the Side, and tie it close with Pack-thread, and lay them in an earthen Pan, and then put to them as much white Wine Vinegar as will cover them ; with half a Pint of made Mustard to three Pints of Vinegar, and a Bay-leaf ; with Salt according as you like ; let them lie in this Pickle nine Days ; then put them into a Brasse Kettle, and set them over the Fire to make them Green ; stop them down very close, and let them have one or two Boils at a Time ; then take them off, let them still be close stop'd, and let them stand to Green ; then set them on the Fire again, and so order them till they are very Green ; then take them out of the Pickle, and put them into a Jarr, or Pot ; boil the Pickle, and put it to them boiling hot, and tie them over with Leather, and use them when you please.

*To pickle Mushrooms.*] Scoope or peel them, throw them into Water, and then take them out clear from the Water, and set them over the Fire and boil them with Salt ; skim and strain them thro' a Sieve ; put them in Salt and Water made strong, and let them lie there three Hours ; then put them into Beer Vinegar, and let them stand two Days, and then put them into white Wine Vinegar, with some Mace, Cloves, Nutmeg, white Pepper and Ginger ; boil the Pickle, but not the Spice, and let it be cold before you put it to the Mushrooms.

*To distil Verjuice for Pickles.*] Take three Quarts of the sharpest Verjuice, and put it into a cold Still, and Distil it off very softly ; the sooner it is distill'd in the Spring, the better for use.

*To pickle Samphire.]* Gather your Samphire in May, pick it, and lay it for two Days in Salt and Water; then take it out, and put it into a Pot and soak it well in the best white Wine Vinegar, and set it over a clear gentle Fire, cover it close till it is Green and Crisp, and put it into Pots or Glasses, tied down close with Bladder or Leather.

*To pickle Gooseberries or Grapes.]* Take a Quart of white Wine Vinegar, and half a Pint of Water, and as much Sugar as will make it pretty sweet; boil it for some Time, then put them up and cover them close; they must not be ripe at all.

*To pickle Lettuce.]* Take Cabbage Lettuce, cut off the loose Leaves, and the bottom off the Stalks, then take the Cabbage Part, and wash them well, boil them in clean Water till they are soft, then lay them on a Sieve to drain for twenty-four Hours, then crush them with your Hands to get the Water out, so lay them close in an earthen Pot, between every row strew some Salt, whole Pepper, Ginger sliced, a little whole Mace, a Clove of Garlick on the Top, fill the Pot with white Wine Vinegar, and put a Paper close to them, and if they mould, put a fresh one, as the Vinegar sinks, fill the Pot with fresh, tie them very close, and set them in a close Place.

*To pickle Walnuts ]* Take Walnuts very young, not shell'd at all, pare them very thin, scald them well in Salt and Water, and have ready some more boiling Salt and Water, and put them into it, and give them two or three Warms on the Fire, then make ready some more strong Pickle of Vinegar, and a little Salt, Pepper and Ginger to your Taste, then take them out of the Water in which they are first boiled, and put them into the Pickle, keep them

them close covered, after a Month change the Pickle, and thus you may keep them all the Year.

*To pickle French Beans.]* Take French Beans before they have any Strings, and lay them in an earthen Pot, and betwixt every Lay of Beans a Handful of Salt, then let them stand till they are shrunk, and the Salt pretty well dissolved ; then cover them with Vinegar. Before you boil them for use, you must steep them an Hour in Water, then hang them on the Fire, putting them in when the Water is cold, When they are boiled, let them stand till they are cold, and cover them with white Wine Vinegar.

*To pickle Onions.]* Lay your small hard Onions in Water and Salt, and let the Pickle be Vinegar and Spice.

*To pickle Tongues.]* First boil them in Water and Salt, then blanch them, and put them into a Pot ; and make the Pickle of as much white Wine Vinegar as will fill it, and boiled up with a Faggot of sweet Herbs ; when cold put in the Tongues, with sliced Lemon, and cover it close. When you eat them, beat up some of the Pickle with good Oyl, and garnish with sliced Lemon.

*To pickle Colly-Flowers.]* Take the whitest and closest Colly-Flowers before the brown, cut them the length of your Finger from the Stalks, and boil them a very little in a Cloth in Milk and Water, not till they are tender ; then take them out, and let them be cold : For the Pickle, take the best white Wine Vinegar, Cloves, Mace, a Nutmeg quartered, a little Pepper, and a Bay-leaf, so let these boil ; and when cold, then put in your Colly-Flowers. In three or four Days they will be fit to eat.

*To pickle Smelts, to exceed Anchovies.]* First wash and gut them clean ; then lay them in rows, and put  
between



between every Layer of Fish, Pepper, Nutmeg, Mace, Cloves and Salt, well mix'd, and four Bay-leaves, powder'd Cochineal, and Petre-salt, beat and mix'd with Spice; boil red Wine Vinegar enough to cover them, and put to them when quite cold.

*To pickle Pigeons.*] Boil them with whole Spice, in three Pints of Water, and a Pint of Vinegar, and when boiled enough take them up, and when they are cold, keep them in this Pickle.

*To pickle Herrings or Mackarel.*] Take the Fish and cut off the Heads and Tails, and gut them, wash them and dry them well; then take two Ounces and a half of Salt-petre, three Quarters of an Ounce of Jamaica Pepper, and a Quarter of white Pepper, and pound them small; an Ounce of sweet Marjoram and Thyme chop'd small: Mix them all together, and put some within and without the Fish; lay them in an earthen Pan, the Roes at top, and cover them with white Wine Vinegar; then set them into an Oven, not too hot, for two Hours. This is for Fifteen, and after this Rule do as many as you please.

*To pickle Asparagus to keep the whole Year.*] Break the Heads off, and put them up in white Wine Vinegar, and Salt, according to Discretion, so that they be well cover'd; then take them out, and boil the Pickle, and scum it very well; if there be Occasion, renew it with Vinegar and Salt, and when cold, put them in again, and they will keep a whole Year; use them when you will; only boil them tender, and eat them with Butter.

*To pickle Pork.*] Take the principal Pieces of the Pork, and Salt them lightly, with ordinary Salt; then lay them hollow, that the Blood may drain from it, with the fleshy Side downwards; let it lie two or three Days amongst the Salt; put some  
beaten

beaten white Pepper, and a few Cloves bruised ; Salt it well, and pack it very close in the Thing you keep it in, with the Rind downward ; cover it with Salt ; and when it has stood near three Weeks, put in so much salt Pickle as will cover it, and then lay a false Bottom on the Top, to keep it under Pickle. Put the ordinary and bony Pieces by themselves.

*To pickle Walnuts White.]* Pare them till they look White, and put them into Salt and Water as you pare them, then boil them in Salt and Water in a Cloth, but let your Salt and Water boil before you put them in, when they are cold put them into Pickle of raw Vinegar, white Pepper, Mace and Nutmeg.

*To pickle Currans for present Use.]* Take either red or white Currans, being not thorough ripe ; give them a Warm in Vinegar, with as much Sugar as will indifferently sweeten them ; keep them well covered with Vinegar.

*To pickle red Cabbage.]* Take a red Cabbage, and slice it round as thin as possible ; boil your Vinegar, with Pepper, Salt, and Mace, and pour it boiling hot on the Cabbage, and stop it down close ; let your Pot stand just within the Warmth of the Fire for some Time. This is a Pickle of little use, but for the garnishing of Dishes, Sallats and Pickles, tho' some People are fond of it.

*To pickle Salmon.]* Take two Quarts of good Vinegar, half an Ounce of Jamaica Pepper ; Cloves and Mace, of each a Quarter of an Ounce, near a Pound of Salt ; bruise the Spice grossly, and put all these to a small Quantity of Water, put just enough to cover your Fish ; cut the Fish round, in three or four Pieces, according to the size of the Salmon, and when the Liquor boils put in your Fish, boil it well ;  
then

then take the Fish out of the Pickle, and let it cool, and when it is cold put your Fish into the Barrel or Stein you keep it in, strewing some Spice and Bay-leaves between every Piece of Fish ; let the Pickle cool, and scum off the Fat, and when the Pickle is quite cold pour it on your Fish, and cover it very close.

*To pickle Lobsters.*] Boil your Lobsters in Salt and Water, till they will easily slip out of the Shell ; take the Tails out whole, and just crack the Claws, and take out as whole possible ; then make the Pickle half white Wine and half Water ; put in whole Cloves, whole Pepper, whole Mace, two or three Bay-leaves ; then put in the Lobsters, and let them have a boil or two in the Pickle ; then take them out, and set them by to be cold, boil the Pickle longer, and when both are cold put them together, and keep them for use. Tie the Pot down close ; eat them with Oil, Vinegar, and Lemon.

*To pickle Tench.*] When your Tench are cleans'd, have a Pickle ready boiled, half white Wine and half Vinegar, a few blades of Mace, some sliced Ginger, whole Pepper, and a Bay-leaf, with a Piece of Lemon-peel and some Salt ; so boil your Tench in it, and when it is enough, lay them out to cool, and when the Liquor is cold, put them in ; it will keep but few Days.

*To pickle Muscles or Cockles.*] Take your fresh Muscles, or Cockles ; wash them very clean, and put them in a Pot over the Fire till they open ; then take them out of their Shells, and pick them clean, and lay them to cool ; then put their Liquor to some Vinegar, whole Pepper, Ginger sliced thin, and Mace, and set it over the Fire ; when it is scalding hot, put in your Muscles, and let them stew a little,  
then



then pour out the Pickle from them, and when both are cold put them in an earthen Jug, and Cork it up close : In two or three Days they will be fit to eat.

*To make Gooseberry Vinegar.*] Take Gooseberries full ripe, bruise them in a Mortar, then measure them, and to every Quart of Gooseberries put three Quarts of Water, first boiled, and let it stand till cold ; let it stand twenty-four Hours ; then strain it thro' a Canvass, then a Flannel ; and to every Gallon of this Liquor put one Pound of feeding brown Sugar ; stir it well, and Barrel it up ; at three Quarters of a Year old it is fit for use, but if it stands longer it is the better : This Vinegar is likewise good for Pickles.

*An excellent Way to make Vinegar, by which a Person lately acquired a good Fortune* ] Put a pound of coarse Sugar to every Gallon of Water ; let it boil, and keep scumming it as long as any scum will arise ; it must afterwards be put into Tubs to cool like Beer ; when it is cold as Beer to Work, toast a large Piece of Bread, and rub it all over with Yeast, put this into the Liquor, and let it Work near thirty Hours ; then put the Liquor into a stout Iron-bound painted Cask, which must be set in the Sun, and in such a Place as it can remain in. If made in March it will be fit for use about July ; it is best to draw it off into Bottles, and keep it for use. This is the strongest of Vinegar, and will do very well for Pickling, with a third Part of cold Spring Water to it, and be full four enough ; and will likewise when used alone, keep most Sorts of Pickles without boiling ; nor indeed do I ever use it hot, unless with my green Pickles.

# Pasties, Pies, Pastes, Pudding, Cakes, &c.



## *Puff Paste.*

**L**AY down a Pound of Flour, break into it two Ounces of Butter and two Eggs, then make into a Paste with cold Water; work a Pound of Butter to the Stiffness of your Paste; and roll out your Paste into a square Sheet, stick it all over with bits of Butter; roll it up like a Collar; double it up at both Ends, that they meet in the Middle; roll it over again as aforesaid; and then use it.

*Paste for a Pasty.]* Lay down a Peck of Flour; work it up with six Pounds of Butter and four Eggs, with cold Water.

*Paste for a High Pie.]* Lay down a Peck of Flour; work it up with three Pounds of Butter, melted in a Sauce-pan of boiling Liquor; make it into a stiff Paste.

*A Lear for Fish Pies.]* Take Claret, white Wine, and Vinegar, Oyster - Liquor, Anchovies, and drawn Butter; pour it into the Pies, thro' a Funnel, when bak'd.

*A Lear for Pasties.]* Season your Bones of that Meat you put into your Pasty, cover them with Water, and bake them; when they are bak'd, strain the Liquor into the Pasty.

*To make Minc'd Pies.]* Take three Pounds of the inside of a Sirloin of Beef, seven Pounds of Suet, seven Pounds of Currans well wash'd, two Pounds of Rasins of the Sun ston'd, three Ounces of Cinnamon, Cloves, and Mace, the Paring of an Orange, and a Lemon sliced small, and the Juice squeez'd, six Pippins chopped in half, an Ounce of Carraway-  
Seeds

Seeds steep'd all Night in a Pint of Sack, sweeten'd to your Palate ; add what Sweet-meats you will.

*A Lamb-stone or Sweet-bread Pie.]* Boil, blanch, slice and season them with Pepper, Salt, Nutmeg, and Mace, and lay them in the Pie with sliced Artichoke-bottoms ; Butter and close the Pie, and pour in a Lear.

*A Pigeon Pie.]* Truss and season your Pigeons with Pepper, Salt, and Nutmeg ; lard them with Bacon, and Stuff them with Forc'd-meats ; lay on Lamb-stones, Sweet-breads, and Butter, and close the Pie ; pour in Liquor made of Claret, Gravy, Oyster-Liquor, two Anchovies, a Faggot of sweet Herbs, and an Onion ; boil this up, and thicken it with brown Butter. This Liquor serves for several other sorts of Meat and Fowl Pies. — A Chicken Pie is made the same Way.

*Hare Pie.]* Cut your Hare in Pieces, break the Bones, and season it to your Taste, and lay it in your Pie, with sliced Lemon and Butter, and close the same.

*Veal Pie to be eat cold.]* Raise a high round Pie ; then cut a Fillet of Veal into four or five Fillets, and season it with Pepper, Salt, Nutmeg, Mace, and Cloves, a little minced Sage, and sweet Herbs, and lay it in the Pie, with Slices of Bacon at the Bottom ; and between each piece lay on Butter, and close the Pie. When it is baked, and half cold, fill it up with clarify'd Butter.

*Venison Pasty.]* Bone a Side or a Haunch of Venison cut square, season it with Pepper and Salt, and make up your Pasty : For a Buck Pasty, a peck of Flour, and for a Doe, three Quarters of a Peck ; two Pound of Beef-suet at the Bottom of the Buck, and a Pound and half of the Doe Paste ; Work your  
Paste



Paste as before ; put in a Lear. A Lamb Pasty is made as the Doe.

*Beef-Pasty.*] Cut out your Beef, and season it over Night with Pepper, Salt, and a little red Wine and Cochineal, and make it up as the Buck Pasty. To each of these Pasties pour in a Lear.

*A Bread and Butter Pudding for fasting Days.*] Take a Twopenny Loaf, and a Pound of fresh Butter ; spread it in very thin slices as to eat ; cut them off as you spread them, and stone half a Pound of Raisins, and wash a pound of Currans, and put puff Paste at the Bottom of the Dish, and lay a row of your Bread and Butter, strew a Handful of Currans, a few Raisins, and some little bits of Butter, and so do till your Dish is full ; then boil three Pints of Cream, and thicken it when cold with the Yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a pound of Sugar, some Orange Flower water, and pour this in just as the Pudding is going into the Oven.

*To make another baked Bread Pudding.*] Take a penny Loaf, cut it in thin Slices, then boil a Quart of Cream or new Milk, and put in your Bread, and break it very fine ; put five Eggs to it, a Nutmeg grated, a Quarter of a Pound of Sugar, and half a pound of Butter ; stir all these well together ; Butter a Dish, and bake it an Hour.

*A Rice Pudding* ] Take half a pound of Rice and boil it in Milk over Night, and so let it stand in a Cullendor all Night, the next Morning put into it four Eggs, the Crumbs of a Twopenny Loaf, a little Cream, and a Quarter of a pound of Beef-suet finely shred, and season it with Nutmeg, Salt and Sugar ; put Currans in as you think fit, then tie it up in a Bag and boil it well, so serve it up with Butter, Sugar and Rose-water.

*A good boiled Pudding.]* Take a pound and a Quarter of Beef-suet, after it is skin'd shred it very fine; then stone three Quarters of a pound of Raisins, and mix with it, a little Salt, four Eggs, four Spoonfuls of Cream, and about half a pound of fine Flour; mix these well together pretty stiff, tie it in a Cloth, and let it boil four Hours; melt Butter thick for Sauce.

*A baked Pudding.]* Take a pound of Beef-suet, and shred it as small as for minc'd Pies, a pound of Flower, a pound of Currans, a Quart of Milk, a penny Loaf; you must boil your Bread in your Milk, and when it is a little cold mix the other Things with it, and fix Eggs, a little Nutmeg, Sugar, and Salt to your taste. It will take two Hours baking.

*A Plumb Pudding without Suet.]* Take a Pint of Milk, mix it with Flour very thick, fix Eggs, four of the Whites left out, half a pound of Currans, half a pound of Raisins of the Sun, stoned; a little Nutmeg, a little beaten Ginger, two Spoonfuls of Brandy, half a Spoonful of Rose-water, half a pound of melted Butter; mix it well, and boil it two Hours.

*A proper Paste for Tarts.]* Take three Quarters of a pound of Butter mixed well with a pound of Flour. *Or thus:* Take equal Quantities of Flour, Butter, and Sugar mixed well; beat it with a rolling Pin, and roll it thin.

*To make Puff Paste.]* Take half a pound of Butter to a Quarter of a Peck of Flour, add a little Salt, and then make it into Paste with a little cold Water; then roll it out, and stick small Pieces of Butter over it, strewing a little Flour under it, and roll it over nine or ten different Times, till a pound



pound or upwards of be Butter be rolled in. This is a good Crust for all Sorts of Pies.

*A good common Crust for large Pies.]* Take half a Peck of Flour, the Yolks of two small Eggs; boil some Water and put in half a pound of dried Suet, to which add near a pound of Butter. Take off the Suet and Butter, and use as much of the Liquor as will make it into a light Crust; it must be work'd well, and roll'd out as usual.

*A Standing Crust for large Pies of any Sort.]* Take half a Peck of Flour, Butter three pounds; boil the Butter in two Quarts of Water; scum it off, and add it to the Flour, but take care to take as little of the Liquor as possible; work it into Paste; pull it in Pieces till cold, and it is ready for the use you design it.

*A good Crust with cold Water.]* To every pound of Flour rub in half a pound of Butter, and the Yolk of a small Egg, in the making it use cold Water.]

*A good Crust with Beef Dripping.]* To every pound of Flour, half a pound of Beef Dripping; Manage your Dripping thus, it must be boiled in clear Water; then take off the Fat and strain it; let it stand till cold; scrape it, and boil it three or four Times over, then work it as fine as you can, and make it into Paste with cold Water.

*A proper Crust for Custards]* A pound of Flour requires three Quarters of a pound of Butter, the Yolks of four Eggs, a few Spoonfuls of Cream, mix all well together, and let it stand ten or twelve Minutes, then work it, and roll it out very thin.

*To ice Tarts.]* Take a little Yolk of Egg and melted Butter, beat it very well together, and with a Feather wash over your Tarts, and sift Sugar on them just as you put them in the Oven.



*To make a Plum Cake.]* Take three pounds of Flour, the like Weight of Currans, one pound of Sugar, one pound of Butter, the like Weight of Orange and Lemon-peel, candied ; and set on all with Milk, lukewarm ; a little Nutmeg, Allspice, Ginger, Cloves and Mace, half a Pint of Yeast, and four Eggs.

*Cheese-Cakes.]* Take two Quarts of Milk or Cream, and the Yolks of eight Eggs, and but four Whites, beat them very well, and set on the Fire ; when it boils take it off, and strain the Whey gently from it ; to the Curd, put some Nutmeg grated, and some Cinnamon beat, four Spoonfuls of Rose-water, and as much Sack, a Quarter of a pound of Currans, some Butter and fine Sugar, and grated Naples Biskets : You may put to it what Crust you please.

*To make very good Whigs.]* Take a quarter of a Peck of fine Flour, and rub into it three quarters of a pound of fresh Butter, till it is like grated Bread, something more than a pound of Sugar, half a Nutmeg, a little Ginger grated, three Eggs beaten very well, and put to them half a Pint of Ale Yeast ; make a Hole in your Flour, and pour in your Eggs, and as much Milk just warm as will make it into a light Paste ; let it stand before the Fire to rise half an Hour, then make it into a Dozen and a half of Whigs ; wash them over with Eggs just as they are put into the Oven ; a quick Oven, and half an Hour will bake them.

*Shrewsbury-Cakes.]* Take a pound of Sugar three pounds of fine Flour, a Nutmeg grated, some beaten Cinnamon ; the Sugar and Spice must be sifted into the Flour, and wet it with three Eggs, and as much melted Butter as will make it of a good thickness to roll into a Paste ; mold it well and roll it, and cut it

into what Shape you please ; perfume them, and prick them before they are put into the Oven.

*To make Bread without Yeast.*] To accomplish this, you must procure a Lump of about two pounds, of the Dough of your last making, which had been raised by Yeast ; it must be kept in a wooden Vessel, and cover'd with Flour ; *This is call'd Leaven.* The Night before you intend to Bake, put the said Lump of Dough into about a Peck of Flour, and work them well with warm Water ; it must lie in a Vessel of Wood, cover'd with a Linnen Cloth, and a Blanket, remembering to keep it warm ; the next Morning it will rise so as to be sufficient to mix with more then two Bushels of Flour, being worked up with warm Water and a little Salt. When sufficiently worked, let it be well cover'd as before, till you find it rise ; then Knead it well, and make it into what form you think fittest for baking. The more Leaven is put to the Flour, the better and lighter the Bread will be.

*To make a good Seed Cake.*] Take six pounds of fine Flour, rub into it a Thimble full of Carraway Seeds finely beaten, and two Nutmegs grated and Mace beaten ; then heat a Quart of Cream hot enough to melt a pound of Butter in it, and when it is no more than blood warm, mix your Cream and Butter with a Pint of good Ale Yeast, and then wet your Flour with it, make it pretty thin ; just before it goes into the Oven, put in a pound of rough Carraway Seeds, and some Citron sliced thin ; three Quarters of an Hour in a quick Oven will bake it.

*For Paste Royal.*] Take a pound and a half of Flour, a pound of Butter, an Egg and a Quarter of a pound of fine Sugar, being bruised fine with a rolling Pin ; work these into a Paste.



## MADE WINES, &amp;c.

*To make Raisin Elder Wine.*

**T**AKE six Gallons of Water and boil it half an Hour; and when it is boil'd, add to every Gallon of Water five pounds of Malaga Raisins shred small; pour the Water boiling hot upon them, and let it stand nine Days, stirring it twice a Day: Boil your Berries as you do Currans for Jelly, and strain it fine; then add to every Gallon of Liquor a Pint of Elderberry Juice: Then stir all together, spread a Toast on both Sides with Yeast, let it work a Day and Night, then put it into a Vessel, which be sure to fill as it works over; stop it close when it has done working, till you are in sure it is fine, then Bottle it.

*Cowslip Wine.*] Take a Bushel of Cowslips pick'd out of the Husks, and three Gallons of Water, two pounds of Sugar to every Gallon, boil the Water and Sugar till you can take off all the scum, pour out this Liquor scalding hot into the Flowers, they being first slightly bruised in a Stone Mortar, and so stand till the Liquor have taken in all the Colour of the Cowslips, which will be in less than half an Hour, then strain it through a Hair Strainer, and let it stand till it is of such warmth as Beer when it is wrought with Yeast, then put in the like Quantity of Yeast, as is usual to such proportion of Beer, and when it is come to have a little Head, run it into a Vessel where it may work over; after 24 Hours, or when it has done working, draw it out into Bottles, tie it very close, and after three Weeks it will be ready to drink; you may put into every Bottle four or five Drops of Citron, and if two pounds of Sugar be added it will keep much better.

*Orange Wine.*] Take six Gallons of spring Water, twelve pounds of the best powder Sugar, the Whites  
of



of four Eggs well beaten, put the Eggs into Water and Sugar cold, let all boil together a Quarter of an Hour, scumming it as it rises, then let it cool in a Tub, then put in six Spoonfuls of Yeast, six Ounces of Syrup of Citron, well beaten together, put the Juice and outward Rinds of fifty Oranges, but none of the Whites ; let all this work two Days and two Nights, then put in ten Quarts of Rhenish Wine in a Barrel, then run it into that Vessel, and stop it well, and let it stand ten or twelve Days, then Bottle it up, and work it very well.

*To make White Mead.*) To every Gallon of Water put a Pint of Honey and half a pound of Loaf Sugar, stir in the Whites of four Eggs beat to a Froth, and boil it as long as any scum will arise ; when it is cold, work it with Yeast, and to every Gallon put the Juice and Peel of a large Lemon : Stop it up when it has done working, and Bottle it in ten Days.

*Strong Mead* ) To four Gallons of Water put 18 Pounds of Honey ; beat the Whites of six Eggs, stir them in with the Honey till it be all melted ; scum it well as long as it boils, and besure it boil an Hour and a half ; if you like the Taste, you may put a sprig of Rosemary in the Boiling ; when it is cold, work it with a Toast spread with Yeast ; and when you put it into a Vessel, hang therein a Nutmeg, the Weight of that in Mace, and the same Quantity in Cloves, with four Races of Ginger, in a bit of Muslin ; the Spice must be beaten ; put in the Peel of two Lemons, and when it has done working, stop it up, and let stand six Months before you Bottle it.

*Damson Wine.*) To every Gallon of Water put two Pounds and a half of Sugar, which you must boil and

and scum three Quarters of an Hour ; and to every Gallon put five Pints of Damsons stoned ; let them boil till it is of a fine Colour, then strain it through a fine Sieve ; work it in an open Vessel three or four Days, then pour it off the Lees, and let it work in that Vessel as long as it will ; then stop it up for six or eight Months, then if fine, you may Bottle it, and keep it a Year or two in Bottles.

*Gooseberry Wine.*) Gather your Gooseberries in dry Weather, when they are half ripe, pick them, and bruise a Peck in a Tub, with a wooden Mallet ; then take a Horse Hair Cloth, and press them as much as possible, without breaking the Seeds ; and when you have pressed out all the Juice, to every Gallon of Gooseberries put three pounds of fine dry powder Sugar, stir it together till the Sugar is all dissolved, then put it in a Vessel which must be full. If ten or twelve Gallons, let it stand a Fortnight ; if a twenty Gallon Cask, let it stand five Weeks. Set it in a cool Place, then draw it off from the Lees, then clear the Vessel of the Lees, and pour in the clear Liquor again. If it be a ten Gallon Cask, let it stand three Months ; if a twenty Gallon, four or five Months, then Bottle it off.

*Birch Wine as made in Suffex.*) Take the Sap of Birch fresh drawn, boil it as long as any scum arises ; to every Gallon of Liquor put two pounds of good Sugar ; boil it half an Hour, and scum it very clean ; when it is almost cold, set it with a little Yeast spread on a Toast ; and let it stand five or six Days in an open Vessel, stirring it often ; then take such a Cask as the Liquor will fill, and fire a large Match dipt in Brimstone, and put into the Cask, and stop in the Smoke, till the Match is extinguished, and as quick as possible pour in a Pint of Sack,  
or

or Rhenish, which taste you like best, for the Liquor retains it ; rince the Cask well with this, and pour it out : then pour in your Wine, and stop it close for six Months, then if it is perfectly fine, you may Bottle it.

*Sage Wine.*) To 24 Pounds of Malaga Raisins picked and shred, and six Gallons of spring Water well boiled, but let it be cool as Milk from the Cow before you pour it on the Raisins ; then put in half a Bushel of red Sage grossly shred ; stir all together and let it stand six Days, stirring it well every Day, and cover it as close as you can ; then strain it off, and pour it into your Vessel ; it will soon be fine, but you may add two Quarts of Sack ; white Wine to fine it ; Raisins of the Sun will do as well as Malaga, if they cannot be had.

*Raspberry Wine.*] To every Quart of Fruit you must put boiling hot, a Quart of Water ; cover it very close and let it stand twenty-four Hours ; then strain it, and to three Quarts of Liquor put two Pounds of good Sugar ; stir it together and spread a Toast with Yeast, set it to work, and pour it off the Lees ; put into your Vessel, and when it has quite done working stop it up : If it is fine in six or seven Months, you may Bottle it, and keep it a Year in the Bottles.

Note, You must at first watch all Wines ; and if you find them fret, continue to Fine them off the Lees every Day for some Time, as fast as any settles.

*Cyder.*] Pull your Fruit before it is too ripe, and let it lie a Day or two to have one good Sweat ; your Apples must be Pippins, Pearmains, or Harvey (if you mix your Winter and Summer Fruit together it is never good) grind your Apples and press it, and when your Fruit is all pressed put it immediately



immedtately into a Hogshead, where it may have Room to work, but not vent, a little Hole between the Hoops, and bung'd it close ; put three or four Pounds of Raisins in the Hogshead, and two Pounds of Sugar, it will make it work better ; often racking it off is the Way to fine it, and always rack it into small Vessels, keeping them close bunged, and only a small Vent Hole ; if it should work after racking, put into the Vessel some Raisins for it to feed on ; and Bottle it in March.

*Fine Curran Wine* ] Take to three Gallons of Water nine Pounds of Lisbon Sugar ; boil the Water and Sugar half an Hour and scum it clean ; then have a Gallon of Currans picked, but none bruised ; pour the Liquor boiling hot over them, and when cold work it with half a Pint of Ale Yeast, two Days ; then pour it through a Flannel or Sieve, then put it into a Barrel fit for it, with half an Ounce of Isinglass well bruised ; when it has done working, stop it close for a Month, then Bottle it, and in every Bottle put a very small lump of double refin'd Sugar. This is an excellent Wine, and has a beautiful Colour.

*A cheap way to make a small Curran Wine.* ] Take one pound of good Currans, and put them into a deep strait mouthed earthen Pot, and pour upon them about three Quarts of hot Water, having first dissolved in three Spoonfuls of the purest and newest Ale Yeast ; stop it close till it works, then give it Vent, as is necessary, and keep it warm for about three Days ; it will work and ferment ; taste it after two Days, to see if it be grown to your liking ; then let it run through a Strainer, to leave behind all the Currans and Yeast, then Bottle it up, it will be very quick and pleasant, it is admirable good to  
cool

cool the Liver and cleanse the Body. It will be ready to drink in four or five Days. This is recommended by an eminent Physician.

*Note, In the making the strong Curran Wine Experience has convinced me, that the Trouble of picking the Currans from the Stalks may be saved; for I can assure the Reader, I never made better Wine from Currans than I have done for the last five Years, none of which Currans were picked from the Stalks; my chief Care being to take off the bruised Fruit.*

*To recover Wine that is turned Sharp.]* Rack off your Wine into another Vessel, and to ten Gallons put in the following Powder; take Oyster Shells, scrape and wash of the brown dirty outside of the Shell; then dry them in an Oven till they will powder. A pound of this Powder to every nine or ten Gallons of Wine; stir it well together, stop it up, and let it stand to settle two or three Days, or till it is fine; as it is fine Bottle it off, and Cork it well.

*To fine Wine the Lisbon Way.]* To every twenty Gallons of Wine, take the Whites of ten Eggs, and a small Handful of Salt; beat it together to a Froth, and mix it well with a Quart or more of the Wine, then pour it into the Vessel, and in a few Days it will be fine.

*To clear Wine.]* Take half a pound of Hartshorn and dissolve it in Cyder; if it be for Cyder, Rhenish Wine, or for any other Liquor: This is enough for a Hoghead.

*To make BRILLAU's incomarable Liquid for the Hair.]* Take Hartshorn in Shavings a Ounce; scrapings of Lead two Ounces, Camphire a Drachm, Letharage of Gold a Quarter of an Ounce, boil all these for half an Hour in a Pint of soft Water; when

when cold and fine pour the Liquid off, add one Drachm of Sugar of Lead, and the like Quantity of Flowers of Rosemary ; then let it boil up, and pour it off, when fine it is fit for use.

*\* \* \* The whole charge of this Preparation does not exceed Three-pence, although the Proprietor sold it for half a Guinea the Quarter Pint Bottle, and not only acquir'd a large Fortune, but a great Character by it, as it is the best Thing in the World for curling the Hair, and most assuredly brings that which is sandy, to an agreeable Colour.*

\*\*\*\*\*

## Preserving and Confectionary.

*To preserve Cherries in Liquid.*

**T**AKE the best Morello Cherries when ripe, either Stone them or clip their Stalks off ; and to every pound take a pound of Sugar, and boil till it blows strong, then put in the Cherries, and by degrees bring them to boil as fast as you can, that the Sugar may come all over them, and scum them and set them by ; the next Day boil some more Sugar to the same Degree, and put some Jelly of Currans, drawn as hereafter directed : *For Example,* If you boil one pound of Sugar, take one Pint of Jelly, put in the Cherries and the Syrup to the Sugar ; then add the Jelly and give all a boil together ; scum them and fill your Glasses or Pots ; take care as they cool to disperse them equally, or otherwise they will swim all to the Top.

*To draw Jelly of Currans.]* Wash your Currans, put them into a Pan and mash them ; then put in a little Water and boil them to a Pomish ; then strew it on a Sieve and press out all the Juice, of which you make the Jelly for all the wet Sweet-meats that are red.



*To preserve green Grapes.]* Take the largest and best Grapes before they are through ripe, stone and scald them, but let them lie two Days in the Water they were scalded in ; then drain them and put them into a thin Syrup, and give them a heat over a slow Fire, the next Day turn the Grapes in the Pan and warm them again ; the Day after drain them and put them into a clarified Sugar, give them a good boil and scum them, set them by ; the next Day give them another good boil, scum them, and set them in a warm Stove all Night : the Day following drain and lay them out to dry, first dusting them very well.

*To preserve Walnuts whole.]* Take the largest French Walnuts when full grown, but before they are hard, pare off the Green shell to the White, and put them into clean Water, then throw them into boiling Water, and boil them till very tender ; then drain them and put them into a clarified Sugar, giving them a gentle heat the next Day, scum them and put them by, then drain and put them on Plates ; dust them and put them into a warm Stove to dry.

*To preserve Walnuts black.]* Take of the smaller Sort of Walnuts when full grown, and not shell'd ; boil them in Water till very tender, but not to break, so they will become black ; then drain them, and stick a Clove in every ore, put them into your preserving Pan, and if you have Peach Syrup or that of white Walnuts, it will be as well or better than Sugar, put as much Syrup as will cover the Walnuts, boil them very well, then scum them and set them by ; the next Day boil the Syrup a little, then put in the Walnuts and give them a good Boil ; the next Day after drain them and boil the Syrup very well, adding more Syrup if Occasion ; give all a Boil, scum  
them

them and put them into your Pots for use.—  
*Note, These Walnuts are never offer'd as a Sweetmeat, being of no use but to Purge gently the Body, and to keep it open.*

*To preserve green Plumbs.]* Take green Plumbs grown to their full bigness, but before they begin to ripen; let them be carefully gather'd with the Stalks and Leaves, put them into cold spring Water over a Fire, and let them stand over a gentle Fire till they are soft; put two pounds of double refin'd Sugar to every pound of Plumbs, and make the Sugar with some Water into a thick Syrup before the Plumbs are put in; the Stones of the Plumbs are not to be grown hard, but that you may thrust a Pin through them. After the same Way do green Apricocks.

*To put Plumbs in Jelly.]* Any Sort of Plumbs are very agreeable in Jelly, and the same Method will do for all as for one. When your Plumbs are preserv'd in their Sugar, and you have drain'd them in order to put them in a second, they are then fit to put to Liquid, which you must thus: Drain the Plumbs and strain the Syrup through a Bag; then make a Jelly of some ripe Plumbs and Codlins together, by boiling them in just as much Water as will cover them, press out the Juice and strain it, and to every Pint of Juice boil one pound of Sugar very strong, put in the Juice and boil it a little; then put in the Syrup and Plumbs, and give them all a good Boil; then let them settle a little, scum them and fill your Glasses or Pots.

*To dry Plumbs, Pears, Apples, Grapes, &c.]* First preserve them, and then wipe them, and set them on Tin Plates over a Stove; or in a slack Oven, and turn them very often. Observe always that your Fruit have their Stalks on.

*To preserve white ripe Grapes.*] Take the Grapes and stone them, and to a pound of Grapes put a pound of double refin'd Sugar, dip the Sugar in Water, and set it over the Fire and let it boil to a Candy height, and have a Skellet of boiling Water, and then put your Grapes into it, then put them in the Sugar, and boil them a little, dip them into the hot Water as fast as you can, so let them boil pretty fast, till they look clear, then put them into your Glasses, with the Jelly. If you dry any of them, lay them upon Plates and dry them in the Sun.

*To preserve Rasberries.*] Take as many Rasberries as you think fit, stamp and strain the Juice from them, then take either white Currans or Gooseberries boiled in Water, as you do when you preserve Currans, and take as much of the white Liquor as you have Juice of Rasberries, and mix them together, then take the Weight of it in Sugar, and when it is melted set it on the Fire and boil it very fast, till it be almost ready to Jelly, then as it boils put in the whole Rasberries, and continue boiling it till they are clear and tender, then take out the Rasberries and lay them into Glasses, if the Jelly be not enough boil it a little more, then strain it out into the Glasses.

*To preserve Pippins.*] Take a Pint and a half of the smallest white Wine well coloured, and as much spring Water, and three pounds of fine Sugar, dissolve the Sugar with the Wine and Water, and clarify it with the Whites of two new lay'd Eggs, by running it through a Jelly Bag, to this thus clarified, put two pounds of Kentish Pippins without fault, being finely pared, then put them into the Sugar dissolved as aforesaid, then let them boil so fast that you cannot see any Pippins, till they be near boiled,



boiled, which you may know by the constant taking them in a Spoon all the while they boil; scum them diligently; and a little before they are boiled enough, squeeze in the Juice of two good Lemons: Let the Time you preserve them be about May-day.

*To preserve white or red Currans.]* Take the largest Currans you can get, pull them off the Stalks and stone them, put a Pint of Currants to a little more than a Pint and a half of Water, set them on a quick Fire and boil them very fast, till the goodness of the Currans be almost boiled out, then strain it gently through a Bolter, and to the Liquor take the weight of Sugar, melt the Sugar in the Liquor, then put in your stoned Currans, and boil them very fast, till they are clear and tender, then take them off, and lay the Currans in their Glasses, and strain the Jelly through a Bolter, and fill the Glasses; if it will not Jelly by that Time the Currans be out, give it one Boil up after: Do red the same Way, only make the Liquor you boil it in of white Currans.

*To preserve Walnuts.]* Gather the Walnuts about Midsummer, or 14 Days after, and put them into spring Water, then put them into a Kettle of boiling Water, and let them boil half a Quarter of an Hour, then shift them into another Kettle, and do so three or four Times, then drain them well, and lard them with Citron: to every pound of Nuts put one pound of Sugar, make that into Syrup and clarify it, then put in the Nuts into it, and let them lie in the Syrup twenty four Hours, then boil them in the Syrup half an Hour, then put them into a Pan and let them stand till next Day, then boil them an Hour more, so put them up for use.

*To preserve Damfins, or black Plumbs.]* Take their Weight in Sugar, and enough of Water to  
cover

Cover them ; so boil them a little, being close covered, and turning them that they may not spot ; suffer the Plumbs to boil no faster then Syrup keeps under them ; when they are boiled take them up, and boil the Syrup till it be thick, then put your Plumbs and it together in Glassess ; the Damfins should be split.

*To preserve Gooseberries.]* Take what Quantity of Gooseberries you please, slit them on the Sides, and pick the Seeds out with a Needle, and put them into cold Water, then put them into another Water, set them on the Fire and scald them gently, then let them stand in the Water they were scalded in, till they are almost cold, then peel the skin off, and lay them in double refin'd Sugar ; then take the weight of them in Sugar, which wet in the Water your Gooseberries were scalded in, and boil them in Water till they are Slippery, be sure you boil them fast, that they lose not their Colour.

*To make Mackroons.]* Blanch a Quantity of Almonds, by putting them into hot Water, and beat them fine in a Mortar, with two Spoonfuls of Sack, strewing on them fine Sugar as you beat them ; and when they are well mix'd, add the whites of Eggs, and Orange Flower or Rose Water ; when they are of a convenient Thickness, drop them off on Wafers laid on Tin Plates, and bake them in a gentle Oven.

*To make Wafers.]* Take a Pint of Flour, a little Cream, the Yolks of two Eggs, a little Rose Water with some searced Cinnamon and Sugar, work them together, and bake them upon hot Irons.

*To make Naples Biskit ]* Take of the same Stuff the Mackroons are made of, and put to it an Ounce of Pine Apple Seeds, in a Quarter of a Pound of Stuff. This is all the difference between the Mackroons and the Naples Bisket.



*To make Conserve for Tarts all the Year.]* Take Damsons or other good ripe Plumbs, and peel off their skins, and so put them in a Pot, to Pippins pared, and cut in Pieces, and so bake them, then strain them through a Piece of Canvas, and season them with Cinnamon, Sugar, Ginger, and a little Rose Water : Boil it upon a Chafing Dish of Coals, till it be as thick as a Conserve, and then put it into your Gally Pots, and you may keep it good all the Year.

## FAMILY RECEIPTS.

*To make the right true DAFFY'S ELIXIR.*

**T**AKE Anniseed Water of a good Sort, one Quart; of Carraway and Coriander Seeds each one Ounce; Liquorish Root two Ounces, (which must be bruised, and so must the Seeds) Jalap Root bruised to a gross Powder one Ounce; and the like Quantity of Sena Leaves. All these are to be put to the Anniseed Water, and set in a warm Place three or four Days minding to shake it often; after which Time it will be fit for Use. The best Way of making this for Family Service, is in a large wide mouth'd Glass Bottle, such as are used for Pickles, &c. and there is no Occasion to strain the Elixir from the Ingredients, because it will be always fine enough, if the least Care be taken in pouring it out, when wanted for use.

\* \* \* *As this is published intirely for the good of the Publick (without the least reserve) I will here set down the Prices of the Ingredients, by which it will appear to be a very reasonable Medicine; and do not doubt the use of it will make it's Excellency soon known and gain it an establish'd Reputation: For my Part, I may with Truth assure the Reader*  
there



*there cannot be a better Purge, and that it has done almost Miracles in the windy Disorders ; short, it is far superior to the Daffy's Elixir ; and may be used in all Cases where that is recommended.*

It is to be taken thus ; one Spoonful, at Night going to Bed, two the next Morning fasting. About half an Hour after taking the two Spoonfuls, drink some warm Gruel or Tea.

The Quart of Anniseed Water, about Eight-pence.

The Seeds, one Half-penny an Ounce.

Two Ounce of Liquorish one Penny.

One Ounce of Jalap Six-pence.

One Ounce of Sena Four-pence.

*Note, When the Elixir is used, a Quart more of Anniseed Water may be put to the Ingredients ; and after standing three or four Days in a warm Place as before directed, strain off the Liquor, add only half the Quantity of the above Ingredients, letting them stand three or four Days as before, and it will be fit for Use and the same Efficacy with the former.*

*To make STOUGHTON'S ELIXIR.] Pare off the Rind of six Seveil Oranges very thin, and put them in a Quart Bottle, with an Ounce of Gentian scraped and sliced, and six Pennyworth of Cochineal put to it a Pint of the best Brandy ; shake it together two or three Times the first Day, and let it stand to settle two Days and clear it off into Bottles for use ; take a large Tea Spoonful in a Glass of Wine in a Morning, and at Four in the Afternoon ; or you may take it in a Dish of Tea.*

*Ease for that intolerable Pain call'd the Tooth Ach.] The most celebrated Remedies for this Disorder are nothing more then the Spirits of Nitre and Allum mixed with spring Water. Indeed one Sort for which a Patent has been procured, is tinctur'd to*

disguise it only, with Cochineal. But as it is somewhat difficult to give it this Tincture, without doing the least Service, I shall take only Notice, that whoever puts half an Ounce of Spirits of Nitre, and one Dram of Allum, to an Ounce of Water, will have as effectual a Remedy for the Tooth Ach, as has been hitherto made publick. The Tooth and Gums are to be rubbed with a fine Rag dipped into this Liquid.

*Dr. Mead's Receipt for the bite of a mad Dog.]* Let the Patient bleed at the Arm nine or ten Ounces, then take the Herb call'd *Ash colour'd ground Liver Wort*, clean'd, dry'd, and powder'd, two Drams; mix these well together, and divide the Powder into four Doses, one of which must be taken every Morning fasting, four Mornings successively, in half a Pint of Cows Milk, warm: After these Doses are taken, the Patient must go into a cold Bath, or a cold Spring or River every Morning fasting, for a Month; he must be dipt all over, but not stay in (with his Head above the Water) longer than half a Minute, if the Water be very cold; after this he must go in three Times a Week or a Fortnight longer.

N. B. The *Liver Wort* is a very common Herb, and grows generally in sandy and barren Soils all over Enlgland; the right Time to gather it is in the Month of *October* and *November*.

D. MEAD.

*The following RECEIPT for the bite of a mad DOG, was taken out of Cathorp Church in Lincolnshire, the whole Town almost being bitten, and not one Person who took this Medicine but was cured.]* Take the Leaves of Rue, pick'd from the Stalks and bruised, six Ounce; Garlick pick'd from the Stalks and bruised, Venice Treacle, or Mithridate,



date, and scrapings of Pewter, of each four Ounces ; boil all these over a slow Fire in two Quarts of Ale, till one Pint is consumed ; keep it in a Bottle close corked, and give of it nine Spoonfuls to the Person warm, seven Mornings successively ; six to a Dog ; to be given nine Days after the Bite ; apply some of the Ingredients to the Part bitten.

*A full Discovery of the Medicines given by me*  
 JOANNA STEPHENS, *for the Cure of the*  
*Stone and Gravel ; and a particular Account of*  
*my Method of preparing and giving the same.*

**M**Y Medicines are a Powder, a Decoction, and Pills. The Powder consists of Egg Shells and Snails, both calcin'd.

The Decoction is made by boiling some Herb<sup>s</sup> (together with a Ball which consists of Soap, Swines Cresses burnt to a Blackness, and Honey) in Water.

The Pills consist of Snails calcin'd, wild Carrot Seeds, Burdock Seeds, Ash Keys, Hips and Haws, all burnt to a Blackness, Soap and Honey.

*The Powder is thus prepared :* Take Hens Egg Shells, dressed from the Whites, dry and clean ; crush them small with the Hands, and fill a Crucible of the 12th Size (which contains nearly three Pints) with them lightly, place it in the Fire, and cover it with a Tile ; then heap Coals over it, that it may be in the midst of a very strong clear Fire, 'till the Egg Shells be calcin'd, to a greyish white, and acquired an acrid salt Taste. This will take up eight Hours at least. After they are thus calcin'd put them into a dry clean Earthen Pan, which must not be above three Parts full, that there may be Room for the swelling of the Egg Shells in slacking. Let the Pan stand uncovered in a dry Room for two

F 3

Months,



Months, and no longer ; in this Time the Egg Shells will become of a milder Taste, and that Part which is calcin'd will fall into Powder of such a fineness as to pass thro' a Hair Sieve which is to be done accordingly.

In like Manner, take Garden Snails with their Shells, clean'd from the Dirt, fill a Crucible of the same size with them whole, cover it, and place it in a Fire as before, 'till the Snails have done smoaking, which will be in about an Hour, taking Care that they do not continue in the Fire after that. They are then to be taken out of the Crucible, and immediately rubbed in a Mortar to a fine Powder, which ought to be of a very dark Grey Colour.

*Note, If the Pit-Coal be made Use of, it will be proper in order that the Fire may the sooner burn clear on the Top, that large Cinders and not fresh Coals be placed upon the Tiles which cover the Crucibles.*

These Powders being thus prepared, take the Egg Shell Powder of six Crucibles, and the Snail Powder of one, mix them together, rub them in a Mortar, and pass them thro' a Cypress Sieve. This Mixture is immediately to be put up in Bottles, which must be close stop'd, and keep it in a dry Place for Use. I have generally added a small Quantity of Swines Cresses burnt to a Blackness, and rubbed fine ; but this was only with a View to disguise it.

The Egg Shells may be prepar'd at any Time of the Year ; but it is best to do them in Summer. The Snails ought only to be prepar'd in *May, June, July, and August* ; and I esteem those best which are done in the first of these Months.

*The Decoction is thus prepared : Take four*  
Ounces

Ounces and a half of the best Alicant Soap, beat it in a Mortar with a large Spoonful of Swines Cresses burnt to a Blackness, and as much Honey as will make the whole of the consistence of Paste. Let this be formed into a Ball.

Take this Ball and green Camomile, or Camomile Flowers, sweet Fennel, Parsley, and Burdock Leaves, of each an Ounce ; when these are not quite Green, take the same Quantity of Roots, cut the Herbs or Roots, slice the Ball, and boil them in two Quarts of soft Water half an Hour ; then strain it off, and sweeten it with Honey.

*The Pills are thus prepared :* Take equal Quantities by Measure, of Snails, calcin'd as before, of wild Carrot Seed, Burdock Seed, Ashen Keys, Hips and Haws, all burnt to a Blackness, or which is the same Thing, 'till they have done smoaking, then mix them together, rub them in a Mortar, and pass them thro' a Cypress Sieve. Then take a large Spoonful of this Mixture, and four Ounces of the best Alicant Soap, and beat them in a Mortar with as much Honey as will make the whole of a proper consistence for Pills, sixty of which are to be made out of every Ounce of the Composition.

*The Method of giving these Medicines is as follows :* When there is a Stone in the Bladder or Kidneys, the Powder is to be taken three Times a Day, viz. in the Morning after Breakfast, in the Afternoon about Five or Six, and at going to Bed. The Dose is a Dram Averdupoize, or 66 Grains, which is to be mixt in a large Tea Cup full of White Wine, Cyder, or small Punch ; and half a Pint of the Decoction is to be drank, either cold or Milk-warm, after every Dose.

These Medicines do frequently cause much Pain  
at



at first, in which Case it is proper to give an Opiate, and repeat it as often as there is Occasion.

If the Person be Costive during the Use of them, let him take as much Lenitive Electuary, or other Laxative Medicine, as may be sufficient to remove that Complaint, but not more ; for it must be a principal Care at all Times to prevent a Looseness, which would carry off the Medicines ; and if this does happen, it will be proper to increase the Quantity of the Powder which is astringent ; or lessen that of the Decoction, which is Laxative ; or take some suitable Means, by the Advice of Physicians.

During the Use of these Medicines, the Person ought to abstain from Salt Meats, Red Wines, and Milk, drink few Liquids, and use little Exercise, that so the Urine may be the more strongly impregnated with the Medicines, and the longer retained in the Bladder.

If the Stomach will not bear the Decoction, a sixth Part of the Ball made into Pills must be taken after every Dose of the Powder.

Where the Person is aged, of a weak Constitution or much reduced by Loss of Appetite or Pain, the Powder must have a greater Proportion of the calcin'd Snails than according to the foregoing Direction ; and this Proportion may be increased suitable to the Nature of the Case, 'till there be equal Parts of the two Ingredients. The Quantity also of both Powder and Decoction may be lessened for the same Reason. But as soon as the Person can bear it, he should take them in the above-mention'd Proportions and Quantities.

Instead of the Herbs and Roots before-mentioned, I have sometimes used others, as Mallows, Marsh-Mallows, Yarrow Red and White, Dandelion, Water  
Cresses,



Cresses, and Horse Raddish Root, but I do not know of any material Difference.

This is my Manner of giving the Powder and Decoction; as to the Pills, their chief Use is in Fits of the Gravel, attended with Pain in the Back, Vomitting, and Suppression of Urine from a stoppage in the Ureters. In these Cases the Person is to take five Pills every Hour, Day and Night when awake, till the Complaints be removed: They will also prevent the Formation of Gravel Stones in Constitutions subject to breed them, if ten or fifteen be taken every Day.

June 16, 1739.

J. STEPHENS.

N. B. Mrs. Stephens received Five Thousand Pounds Reward, on her Medicine having been tried and approved March 17, 1739-40.

## D I R E C T I O N S

*For preparing and administering Mrs. STEPHEN'S  
Medicine for the Stone, in a solid Form.*

1. **T**AKE of Alicant or Castle Soap eight Ounces, of powder'd Quick Lime an Ounce, of Salt of Tartar a Dram. Shave the Soap, mix it with the Lime and Salt, and beat all into a soft Mass, by adding thereto as much boiling Water as is necessary for this Purpose.

2. The Weights here intended are Apothecaries Weights. But the Medicine may be prepared by any others; care being taken to preserve the Proportion of the Ingredients here directed; that is, to make the Lime an eighth Part of the Soap, and the Salt an eighth Part of the Lime.

3. Quick Lime may be reduced to Powder for the Purpose of this Medicine, either by dipping it in  
Water

Water for a few Moments, or by exposing it to the Air for some Days. This Powder is to be passed through a fine Sieve.

4. The Lime which is made from Limestone is stronger than that made from Chalk, or the Shells of Eggs, Oysters, &c. However, this last is sufficiently strong for the general Purposes of this Medicine, when highly calcin'd and fresh. And, on the contrary, the strongest Stone-Lime may be made weaker at Pleasure, by being exposed to the Air, or by repeated affusions of fresh Water.

5. Strong Lime is a more powerful Solvent than weak, but then it is more apt to Occasion Irritation and Pain in the Urinary Passages. New Soap appears also to be both more irritating, and more powerful than Old.

6. The chief Use of the Salt of Tartar is to preserve the Mass soft. This is necessary that the Stomach may digest it easily, and the Bowels absorb the efficacious Part, in its Passage along them. If therefore it should at any Time grow so hard and dry as to lie heavy on the Stomach, or pass through the Body undissolved, it will be proper to beat over again, with the addition of a little Water, and Salt of Tartar. The same Purpose may be obtained by using a weaker Lime, or a less Proportion of a strong one.

7. This Medicine must not be prepared in a Copper or Brass Mortar, lest it should corrode the Metal, receive a Taint from it, and so Occasion Sickness or Vomitting.

8. The Method of administering it is as follows; make each Ounce of the Mass into six Rolls, of about two Inches in length, and a little taper at each End; and let the Person who has a Stone in  
the

the Kidneys or Bladder, take from 18 to 24 of these Rolls, *that is*, from three to four Ounces of the Mass, every Day. Less than three Ounces every Day ought not to depended upon for the Solution of a Stone, and I cannot authorize any one from Experience to take more than four. Three, four, or five Rolls may be taken at once, and at any Hour of the Day, according as each Person finds his Stomach best able to digest them.

9. If one of these Rolls be laid length-ways on the Tongue, and then a Mouthful of Water be taken and swallowed, the Roll will slip down along with the Water, so as scarce to be perceived in its Passage.

10. If the Patient drinks Lime-water and Milk for his common Drink, during the Use of this Medicine, the Cure will be forwarded thereby ; but then it will probably subject him to a greater degree of Irritation and Pain in the Urinary Passages ; and therefore is not adviseable in Cases where these Complaints are already considerable. Lime-water is made by pouring a Gallon of cold Water upon a Pound of Quick Lime, stirring it about, and after it has stood two or three Hours, passing it through filtering Paper.

11. Where the Irritation and Pain are very great, also where the Patient is subject to discharge much Blood with his Urine, the Medicines ought to be prepared with a very mild Lime and Soap, and even with a less Proportion of Lime, then according to the foregoing Direction. The Salt of Tartar may also be left out, as the Mass will not now be so apt to grow dry. But it seems requisite to give the Medicine in due Quantity in such Cases, lest the Stone should happen to be of so brittle a Nature, as to fall into fragments with sharp Edges and Corners from a  
small



small Quantity ; at the same Time that, thro' want of a due Quantity, the Urine is not powerful enough to make these Edges and Corners grow rotten, and fall off from the fragments ; but on the contrary should suffer these fragments to continue rough and hard, and thereby to Occasion great Irritation, Pain and Danger. For the same reason the Medicine ought not to be intermitted, whilst rotten Fragments are voided.

12. Where a Person cannot swallow the Rolls nor take a sufficient Quantity of the above-mentioned Medicine, in any other Form, the following may be Directed in its stead, *viz.* Mix equal Parts of powdered Quick-Lime and Salt of Tartar together, and let the Patient take a Quarter of an Ounce of this mixed Powder, in half a Pint of Milk, three or four Times every Day. This Medicine appears to be of about equal Efficacy with that before-mentioned, but more apt to increase the Pain and Irritation. It cannot be taken in due Quantity in any other vehicle besides Milk, as far as I have been able to Discover ; and when not taken in due Quantity, it appears to me to expose the Patient to the Hazards mentioned in the last Article, in a greater Degree than the foregoing Medicine. This Powder ought to be mixed with the Milk only a few Moments before it is taken ; otherwise it will acquire a great increase of Acrimony. Pot-ash purified by Solution, Filtration and Evaporation, or fixed Alkaline Salt of any kind may be used instead of Salt of Tartar, both in this and the foregoing Medicine.

13. A sixth or eighth Part of either of these Medicines, taken every Day, seems sufficient to prevent the formation of Gravel or Gravel-Stones. Half an Ounce of mere Soap, or a Pint of strong Lime-water,  
taken

taken every Day, may also in general be sufficient for the same Purpose. Neither is there any reason to apprehend, that any of these Methods will be hurtful to the Health, tho' continued for many Years. On the contrary, Soap, Lime, and Lime-water appear to be very salutary to most Persons in the decline of Life, and to be excellent Remedies in the Gout, in Jaundices, and in all such Disorders in the first Passages, as they arises from, or are attended by Acidities there. Soap alone, in the Quantity of half an Ounce or an Ounce a Day, is very useful in habitual Costiveness, and in Obstructions of the Catamenia, or tendencies thereto, especially if there be previous Pains; as is strong Lime-water, mixed with an equal Quantity of Milk, and used for common Drink, in habitual Loosenesses. I am also inclined to believe, that a Diet, consisting of Bread, Milk and Line-water alone, if rigidly adhered to, and persisted in for a sufficient Time, would be of the greatest Service in many scorbutick and scrophulous Cases

D. HARTLEY.

*A Cure for the Gout or Rheumatism.*] Take one Ounce of clean Gum Guaiacum finely powder'd, and put it into a Quart Bottle of Jamaica Rum. Of this take half a Quarter of a Pint or less as you go to Bed, and it will cause a small Sweat, and perhaps a Stool or two. If it does not carry off the Pain in one Night, repeat it once or twice more. It is a very safe Remedy, curing both *Gout* and *Rheumatism*; and is now in great Reputation and Use among the Nobility in general; from one of whom I had this famous Receipt; which frequent Experience also warrants to be a most excellent one for any Degree of the Scurvy, and is accordingly now daily taken by  
many



many after the following Manner, *viz.* Infuse two Ounces of the Powder in one Pint of old Rum; of this Liquor, put one or two Tea Spoonfuls into a Glass of cold Water, and drink it at Night, or better in a Morning fasting.

*For the Gout in the Stomach.*] Many valuable Lives having been lately lost by the Gout in the Stomach, the following Receipt is recommended as a most powerful Medicine in that Disorder, *viz.* A Spoonful of Tincture of the *Universal Panacea*, taken every Hour for six Hours, in a Glass of Mountain. If the three first do not relieve, a Spoonful of cold drawn Oil of Mustard added to each of the three last has never been known to fail. When taken in small Quantities in a Morning, it is esteemed a Preservative against Apoplexies, &c.

*Some curious Extracts from a famous TREATISE  
on the T E E T H.*

*As the Tooth-Ach is a very general, and a very troublesome Distemper, I shall give my Readers some Extracts from a famous Treatise on the Teeth, their Disorders and Cure, lately wrote in Latin by Dr. HOFFHAM, Physician to his present Majesty the King of PRUSSIA, and now published in English.*

**A**FTER giving a most curious Description of the Teeth, and of the Communication between them and other Parts of the Body by means of the small Vessels, the Doctor considers the Nature and Cause of their Disorders, and first, that which is called a Caries. This Disorder, he says, is usually derived from some external Cause, and declares itself by a small Black speck or Orifice, especially in the maxillary Teeth, or Grinders, which in a short  
Time



Time pervades through the cortical Substance, and excavates the osseous Parts, by which the whole Tooth comes to be so wasted, that it falls away by Pieces. And the next he considers, is that commonly called the Tartar, which is a hard crust that comes by degrees, and adheres to the Teeth and Gums, so as to Occasion a Blackness, and indicates a Corruption or Rottenness.

The Doctor next considers these Disorders of the Teeth, which arises from a weakness or defect in the Nerves, particularly that commonly called the Tooth-Ach, which generally proceeds from a decayed Tooth ; but sometimes a Person may be affected with it, whose Teeth are perfectly sound, when it is usually attended with such Symptoms as denote a kind of Gout in the Teeth, a Disorder which Women in their Pregnancy are more particularly subject to. And upon this subject he likewise considers the Torture which Infants suffer in cutting their Teeth.

The next in order, says the Doctor, are the Cases arising from the defect of the Nerves and Laxness of the Ligaments, and of these the first is called Vacillation or a Looseness of the Teeth, which proceeds either from a defect in the Tooth itself, or in the Gum ; and here he shews, that nothing is more prejudicial to the Teeth than Mercury.

He next proceeds to the Numbness of the Teeth, which, he says, cause a peculiar Sort of Uneasiness, and happens when the Membrane investing the Teeth is in some measure deprived of Sense. And as to the agracement of the Teeth, or their being set on Edge, he says, it is a convulsive Motion, from a reciprocal contraction of the abductory and adductory Muscles in the Cheeks, which is caused by intense Colds, Pains by Worms, &c.

Having

Having thus considered the various Ailments of the Teeth, and their Causes, he next proposes what he thinks the most effectual Preventives and Remedies ; and as their causes are different, he prescribes a different Remedy for each, which shews the vanity of any general Nostrum. As to the Practice of Tooth drawing, he Writes thus :

“ The extraction or drawing of the Teeth comes next under consideration, it being sometimes of no manner of Service, sometimes dangerous, and sometimes highly Necessary. It is of no Service, when by a concretion of foul Humours, the inflammation and Exulceration is not confined to the Tooth or Jaw, but has over-run the neighbouring Region ; also when there appears no defect in the Tooth, no Benefit can accrue from drawing it. As little necessary is it in a Tooth-Ach preceding from a Caries, because, as has been intimated, any farther Caries or Pain may be prevented, and the Tooth saved by the application of an Actual Caution ; there is danger in drawing out the Canini, on account of their deep and broad Roots, to which are also annexed a Ramification of a Nerve issuing through an aperture in the Orbit, and thus an inflammation in the Eyes, or violent Head-Achs, may be the Consequence. In the extraction of firm Teeth there is also danger of such an Hemorrhage, or Flux of Blood, especially to those of plethorick Habit, or in the approach of the Menses, or to those who are afflicted with the Scurvy or Fever, as may prove fatal. Neither should a Tooth be drawn at the time of the Head-Ach, or when the Head is surcharged with Blood, or when the Body is under any excessive Pain, because in such an irritation of Nature, the Symptoms will be greatly inflamed by the Evulsion. If an extraordinary Flux  
of



of Blood follows upon the drawing of a Tooth, it will be proper to apply the *caput mortuum* of Vitriol.

The extraction of the molares is particularly dangerous, especially of the second and third in the upper Jaw, not only as a larger Laceration of the Flesh is to be apprehended from their three Roots, but the Jaw Bone itself may irreparably suffer; of which the following Relation is a remarkable Instance. Not long ago I was honoured with a Visit from a Lady of great Distinction, complaining of an Ulcer in that Part of her upper Jaw, which had been filled by her second Molar Tooth drawn a Twelve-month before, and that the vacuity not being close, she was troubled with a continual defluxion of a serous Matter in her Mouth. This vacuity admitted the Probe above two Inches, and upon my applying Balsam of Peru, or any other Odoriferous Medicament, in order to its closing, she smelt it no less than if it had been transmitted through her Nostrils: She further observed, that when her Nose was dry, the efflux of Matter through that cavity augmented; and *vice versa*, when that efflux decreased, the nasal Excretions were more copious. Her rank enabled her to have her case discussed in a Consultation of several eminent Physicians, Professors and Surgeons, who all unanimously agreed that it was an Ulcer, and accordingly recommended the hot Bath, desiccative Decoctions and Purgations, together with outward application of Balsams, Vulneraries, and Astringents, but to no manner of Effect. After this, the Surgeons declared for an Incision; this they were positive would do the Business, but how they would have performed it, I was at a loss to guess. When she had gone through these particulars and had applied to me for Relief, I immediately signi-

G

fied



fied to her, that it was no Ulcer, but that by the forcible Extraction of the Tooth her upper Jaw was damaged, and the noted Sinus or Cavern, so accurately described by the celebrated *Higmore*, having a compact Tunick for the secretion of the Mucus, and issuing into the Nostrils, was laid open; and this conjecture was verified by the Lady's own Words, that the Root of the Tooth brought with it a Piece of something solid and very Porous; upon which I immediately shewed my illustrious Patient, in the Head of a Skeleton, the extreme Tenuity of the Socket of the second Tooth, near that Part of the cavity with which the Tooth is connected, and how, upon such a Laceration of it, the Probe might reach so far as the Orbit of the Eye, also how it stopped at the Nostrils; therefore, concluding that a perfect Cure impracticable, and especially as the Lady was advanced in Years, and that her case admitted neither of any chirurgical Operation or any internal Medicament, I only prescribed the close stoppage of the cavity with Lead, that the Air, being debarred its usual free admission, might not increase the corrosive putrefaction; and with this plain easy Remedy, and frequently snuffing up the *balsamum vitæ*, she has been rid of a Nauseous, troublesome, and dangerous Ailment.

Tooth drawing in Ulcers, whether proceeding from the breaking of any tumefied inflammation of the Gum or Jaw, occasioning a Caries, or from a decayed putrid Tooth not drawn in Time, is necessary, to give vent to the sanious Matter. That the sanious Matter should have an outlet is of the greatest concern, its acridity and corrosiveness being increased by stagnation. It frequently happens, that together with the Tooth callus is also brought away, and a  
copious

copious flux of blood issues from the Ulcer, whereby a compleat cure is greatly facilitated."

And he concludes his Treatise thus :

" As to Dentifrics, it is a wrong Practice to use any harsh Powders, as those of calcined Flints, Pumice Stones, Corals, &c. for whitening the Teeth, as their asperity naturally diminishes the dental Substance. If Dentifrics must be used, let them be of Crab-shells and Cutle-bone, reduced to an impalpable Powder, and with these mix Nutmeg, Orris, Mustic, Allum, finely pulverised, and a little Musk ; this both cleanseth and strengthens the Teeth, and very agreeably sweetens the Breath. With such a Powder it would not be amiss to rub the Teeth after every Meal, but gently ; and for this the best Method is, take large Roots of either kind of Mallows, thoroughly cleansed, bruised, and dipt in Rose-vinegar ; then sprinkling some of this Powder on them, rub them against the Teeth, and this will prove a corroborative detergent.

What I have here offered will, I hope, meet with a suitable regard, as it tends to prevent, abate and remove, one of the most torturing Ailments to which Mankind is subject."

*Mons. MILLIAN's Account of preserving Metals from Rust, as lately delivered to the Acadmy of Sciences in Paris, for which it is said he received a handsome Gratuity by Order of the French King.*

**W**Hatever Brass, Steel or Iron, is intended to be kept bright, such Metals should be first scowred or polished very clean, after which to be made very hot by standing near a Fire, but not put into it, after which the Utensils thus prepared are to be rub'd over with a Piece of Sponge dip'd in a Liquid made as follow :

*Recipe*



Burn a Parcel of *Nightshade*, Berries and all, to Ashes; add about half a Pint of these Ashes to a Gallon of Water, and let it boil for two Hours; and the Inventor says, whatever bright Steel, Iron, &c. is made hot, and rub'd over such Metal will retain its Brightness a long while without any further Trouble.

Whatever is rub'd over with the aforesaid Liquid, must be well dried by the Fire after being rub'd over; and then may be set by for Use. The *Nightshade* must be got in *June*, when the Berries are on, and in their Prime.

The Reader may take Notice, that the Sort to be used, is that which is called *Deadly Nightshade*, which has a thin Stalk, and small Leaf; it grows fast in damp Places, bears a Flower of a blue Colour the beginning of *May*, and has a red Berry (first Green) the latter End of the same Month, if it be a forward Season.

*Another for the same.]* Take one Ounce of Camphire, to two Pounds of Hog's Lard; dissolve them together, and take off the Scum, mix as much black Lead as will bring them to an Iron Colour; rub your Arms over with this, and let it lie on twenty-four Hours; then clean them as well as possible with a Linnen Cloth, and they will keep without the least Rust for twelve Months.

*The following Method was used in FRANCE to preserve Furniture, Fire-Arms, &c. before the above Invention.]* Dissolve some Venetian (or where that is not to be had) common Turpentine, provided it be clear, in some good Oil of Turpentine, and add to it some good drying Linseed Oil, in which red Lead has been mixed; this must be made clear by Insolation, or long standing in the hot Sun; mix the



them well together, and with a Piece of Sponge dip'd therein, rub over such Fire-Arms, Furniture, &c. as you would have kept bright.

It is said, the whole Furniture in Metal, belonging to the *French King's* Palaces, are preserved in the afore-mention'd Manner.

When you use this Liquid warm it, dip a Sponge in it, and brush over as thin as possible, such Things as you would preserve.

## The *London* and *Country* BREWER.

**C**ARE must be taken to have the Malt clean ; and let it stand a Week after being ground before you use it.

The Quantity of Malt should be proportioned to the Drink you design to make. For Example :

Thirteen Bushels of Malt will make a Hogshead of exceeding strong Beer ; Hops, eight Pounds ; it will afterwards make near a Hogshead of small Beer, with one Pound and a half of fresh Hops to it.

Eight Bushels of Malt will make a Hogshead of excellent Ale, and the like Quantity of small Beer, in making the Ale five Pound of Hops ; for small Beer (afterwards) add one Pound and a half of Hops.

It may in general be observed, where Ale is designed for keeping, that a Pound of Hops should be allowed to every Bushel of Malt ; if designed for present Spending, little more then Half the Quantity will serve, though the Palate of the Person it is brew'd for should be consulted.

Take particular Care to have your Casks, &c. well cleaned and dried, and never use them on any Occasion but Wine-making or Brewing, it is a good Way to take out their Heads, and after being well cleaned with a Hand-Brush, Sand, &c. put them in

again, scald them well, throw into each Barrel a Piece of unslack'd Lime and stop in the Bung close.

Having got your Casks, &c. in Readiness, proceed as follows, &c. When you have a Copper of boiling Water ready, pour it into your Mash-tub; and let it be cool enough to see your Face in; then pour in your Malt, and let it be well mashed; have a Copper of Water boiling in the mean Time, and when your Malt is well mashed, fill your Mashing Tub; stir it well again; and cover it over with the Sack. Let it stand three Hours, then set a broad shallow Tub under the Cock, let it run very softly; and if it is thick throw it up again, till it runs fine, then throw a Handful of Hops in under the Tub, and let the Mash run into it, and fill your Tubs till it all is run off.

Have Water boiling in the Copper, and lay as much more as you have occasion for, allowing one Third for Boiling and Waste: Let that stand an Hour, boiling more Water to fill the Mash-Tub for small Beer; let the Fire down a little, and put into the Tubs enough to fill your Mash.

Let the second Mash be run off, and fill your Copper with the first Wort; put in Part of your Hops, and make it boil quick.

About an Hour is long enough; and when it is half boiled, throw in a Handful of Salt.

Have a clean Stick, and dip it into the Copper, and if the Wort feels clammy it is boiled enough; then slacken your Fire, and take off your Wort.

Have ready a large Tub, put two Sticks a-cross, set your straining Basket over the Tub on the Sticks, and strain your Wort thro' it.

Put your Wort on to boil with the rest of the Hops, let your Mash be still covered again with  
Water,

Water, and thin your Wort that is cooling, in as many Things as you can for the thinner it lies, and the quicker it cools, the better.

When quite cold put it into the Tunning Tub: Mind to throw a Handful of Salt into every Boil.

When the Mash has stood an Hour, draw it off, then fill your Mash with cold Water, take off the Wort in the Copper, and order it as before.

When cold, add to it the first in the Tub: So soon as you empty one Copper, fill the other, so boil your small Beer well.

Let the Mash run off, and when both are boiled with fresh Hops, order them as the two first Boilings; when cool, empty the Mash-Tub, and put the small Beer to work there.

When cool enough, work it; set a wooden Bowl of Yeast in the Beer, and it will work over, with a little of the Beer in the Bowl.

Stir your Tun up every twelve Hours, let it stand two Days, then tun it, taking off the Yeast.

Fill your Vessels full, and save some to fill your Barrels, let it stand till it has done working, then lay on your Bung lightly for a Fortnight, after that stop it close as you can.

Mind you have a Vent-Peg at the Top of the Vessel, in warm Weather open it, and if your drink hisses, as it often will, loosen it till it has done, then stop it close again.

If you can boil your Ale in one Boiling, it is best, if your Copper will allow of it; if not, boil it as Conveniency serves.

The Strength of your Beer must be according to the Malt you allow, more or less; there is no certain Rule.

*Work-*



*Working BEER and ALE to a great Advantage.  
To forward Fermentation.*

**I**F you have but little or if you have bad Yeast, mix a little Sugar, Flower, and Salt with it, and some warm Wort, or Beer, and it will raise it, and make it go a great way in working Beers and Ales. So it will if mix'd with Grounds of strong Beer, and will make it both to bake Bread and work Beers and Ales, and the sooner if you let the Mixtures lie by a Fire. But some for a Make-shift will mix only hot Water and Sugar with stale Yeast, and recover it fit for Service. Others will knead Bean Flower with Water into a Dough, and put it into the Worr. Or if you put Wort into a Vessel on its Grounds, it will ferment it, provided it is not sour; but the Grounds will not work the Wort if put among it in an open Tub: Others when Drink is backward in working will put some Stone-Lime into it.—Salt, Pepper, and Flower mix'd together will make Drink work that would not before.—Powder'd Ginger alone will help.—Or Ginger, Brandy, and Flower, mixed together.—Or a Gallon Stone Bottle fill'd with hot Water. — Or in case you can get no Yeast, Honey, Sugar, Leaven, or Treacle, will do alone.—Or Flower, Salt, and Whites of Eggs mix'd with Treacle.—Or by putting a Chaffing-dish of live Coals under the bottom of the Tub or Tun.—Or by using some Salt of Tartar.—But in particular be very careful not to break the young yeasty Head, for this cover helps the viscid Body of the Wort to keep in the Spirits, for all Fermentation is much promoted by rest. Also to supply the want of common Yeast, in Gentlemen's Houses distant from Towns, I have heard, they cut and beat Isinglass small and fine, which bearing four Ounces in Quantity, they mix with two Quarts

Quarts of stale Beer ; then let it stand in Infusion till dissolved, but without stirring it ; then draw or pour off the Beer, and keep the thick Part in a Pan before the Fire, so as just to keep it warm, and in about two or three Hours time, it will raise and ferment and look like Yeast ; and then it is fit to use, either to work Drink with, or to bake Bread — If your Yeast is sourish it will be apt to fox your Drink. — If you work your Drink too hot, you may expect to have it quickly fall, and either fox, or be flat, and suddenly stale. — You may make as much Yeast as will lie on a Crown-piece work a Thousand Barrels, by first putting it into a Pint, than a Quart, and so on. — All new Drink must be tun'd before it falls, or else it loose its Spirits. — Yeast will be good two Months together, if cold Water is put upon such thick Yeast as it is settled at the bottom of a Tub, and pour'd off once a Week, and fresh immediately put on. — Or when the Drink is working put into the Vat, a Whisk, Hasle-rod, Broom, or Furze, and let it lye all the Time it is fermenting ; then take it and hang it up in a dry Place, and though it be Six or Eight Months before it is used, it will be sweet and serviceable for the next Brewing. — Or when strong Drink works slowly through the viscidty or Calminess of the fermenting Liquor, or Coldness of the Seasons, a few live Coals or new made Wood-ashes will remedy that Inconvenience.

*To cure new Drink damaged by the Frost.]* If you are necessitated to brew strong Drink in frosty Weather, it is a great chance but the Frost takes it in the working Vat, especially if you should let the Wort be ever so little too cold before you put the Yeast to it ; there is then no preventing it. You may know when this Misfortune has happened to  
you



your Drink by its not working so kindly as others do ; for it will ferment a fresh upon a succeeding Thaw, even if it has been in the Cask for a Month or two, and a Frost should have continued all that Time ; however, this is a certain Rule to know it by, *viz.* when upon tapping it you find it very sweet, and somewhat like Syrup (though you have allowed the sufficient Quantity of Hops to it as usual) and is commonly foul ; such Liquor will never be well tasted as other Drink, keep it ever so long without using this Remedy. The usual one to a Barrel of Ale containing 36 Gallons, is to take about three Gallons of fresh Wort, into which put two Pounds of fresh Hops rubbed well, and boil it about half an Hour, so that it may be extraordinary bitter ; and when it is cold enough, draw off three Gallons of this damag'd Drink and fill up your Cask with the bitter Wort in its stead, and it will Work a new. The Fermentation being over, stop it up, and let stand for a Month, and if upon trial you find it has come to, well,—But if it still retains its sugary Taste, then get ready another Barrel sweet and dry, into into which rack off this Drink, and put into it near half a Peck of parch'd Wheat, and a Pound of good Hops gently dreid before the Fire, rubbed a little and tied up in a fine Nett, let this hang in your Barrel by a String fastened to the Bung, which drive down right, leaving only the Vent-hole open for a Day or two in case any Fermentation should ensue ; afterwards stop it close, and in three Weeks or a Month's Time it will be cur'd and fit to draw. N.B. The three Gallons of damag'd Drink may be added to your Table Beer.

*To check a forward Fermentation.]* In Northamptonshire, and many other Places, they save some raw Wort for this Purpose, and to prepare it for keeping, they



they get off the Lees as fine as they can and lay it very thin, else it would ferment of itself by the heat of the Salt and Sulphur contain'd in in them. In Summer Time when the Beer or Ale ferment too high, they mix a Parcel of this raw Wort to lower it, and so on the same Manner for several Days, which every Time adds new Viscidities that entangle and keep the spirituous Parts from flying off, at the same Time breaking the cohesive Principle into finer Particles, whereby it makes the Drink so much the lighter and finer for a more easy Digestion: Contrary to that worse way of beating in the Yeast, and loading the Drink with a heavy, clogging, unwholesome Manner; by which Management, the raw Wort will keep sound more than Week, and is so serviceable for improving Ale, that it is constantly practised throughout the Year; for in Winter they commonly heat their Parcels to invigorate the new Drink, that it may potently resist the severity of cold Weather; and then, such Malt Liquor will knit and sparkle in a Glass, though drawn out of a Barrel. So in the same Manner they serve their small Beer that drinks extremely pleasant. In case your Drink works too violently in the Cask, run a Cock into the middle Cork-hole of your Butt or Barrel, and draw out a Parcel, and put as much raw Wort in at the Bung-hole, as will sufficiently check it; or burn Brimstone under or about the Vessel, and it will do directly.

*The new Way of managing strong Drink from the Tunning to the Drawing* ] To do this there is more than one Way used, one Person I know ever stops the Cork-hole of the upright Butt, but lets it alone a Month, two, or three, till he perceives the Drink well settled, and then racks it off into another Butt, with two Pounds of new Hop<sup>s</sup>, which he immediately

tely stops up at both Bung and Cork-hole. Another leaves his Cork-hole open only a Month, and then stops it up ; then about a Month before he draws for good, he take out a little of the same Beer, and puts it on two Pounds of rub'd new Hops, which he pours into ttle Cask, and stops all close and secure.— Another lets his large Cask of three Hogshheads stand, with an open Vent six Months, only with a Piece of brown Paper pasted before the Cork-hole ; and then he puts in two Pounds of Hops that had been boiled but twenty Minutes in a first Wort, and dried, and a good Handful of Salt ; then directly stops all up very close, and in about a Month's Time it will be fit to draw fine and brisk to the last. But others are so nice in this Point, that instead of keeping boiled Hops dried by them, they so contrive to Brew, that they may have them directly, to put into the Casks of Beer which they want to fine down, just as they are done with ; and say, that for this Purpose an used Hop boiled but a little Time, is better than an entire dry one, because the former will sink and drive down the Fæces presently, when the fresh ones are apt to remain on the Top. On these Accounts People differ, some will fine without Racking, others will Rack before they fine ; some will use Salt, others none, but Hops. But when they intend to tap their Butt Beer at four Months old, they always use Salt with Hops : For Salt stales Malt Liquors in four Months, as much as twelve Months Age will do without it. And as for the leaving open the Cork-hole Vent, I am of Opinion, that Malt Liquors digest and maturate in the Cask in some measure as Food does in the Stomach, and thus becomes more fitted for the animal secretions by a due Age. Therefore it is the Practice of some not to stop up the Cork-hole



hole for six Months together, on Purpose to expose the Drink all that Time to the free Admission of the Air, which will rush in, and by its Elasticity and Pressure, throw down the gross Particles, keep it from fretting, and thereby fine and ripen it the sooner.

*An excellent Method to preserve a constant Stock of YEAST.*] When you can spare Yeast, take a Quantity, stir and work it well with a Whisk, till it seems liquid and thin. Then get a large wooden Dish or Tub, clean and dry, and with a soft Brush lay on a thin layer of the Yeast thereon, turning the Mouth downwards, to prevent its getting Dust, but so that the Air may come to dry it: When that Coat or Crust, is sufficiently dried, lay on another, which serve in the same Manner, and continue putting on others, as they dry, till it be two or three Inches thick, which will be useful on many Occasions: But be sure the Yeast in the Vessel be dry, before more be laid on. When wanted for use, cut a Piece out and lay it in warm Water, stir it together, and it will be fit for Use. If for Brewing, take a Handful of Birch, tied together, dip it into Yeast, and hang it to dry, taking care of Dust getting at it. When your Beer is fit to set to Work, throw in one of these and it will Work as well as if you had fresh Yeast. You must whip it about in the Wort, and then let it lie; when the Beer works well, take out the Broom, dry it again, and it will do for the next Brewing.

#### *The CELLAR - MAN.*

**W**OFUL Experience shews the want of this Art in those who are ignorant in a Cellar of Malt Liquors, by the great Numbers of Vessels of Drink which are annually damaged or spoiled; on this Account also many Victuallers, as well as private Persons,



Persons, become curers of their own Drink, which by these Means they improve after their own Taste.

*Of Foxing, Bucking, or Charning Malt Liquors.* Three Synonimous Terms, for what in London they call only by the Name of *Foxing*; but in some Parts by other two. I shall endeavour to write such Receipts, as I hope will contribute to the great Service if not a Cure, and make such damag'd Drinks wholesome and pleasant:

First Receipt.] *Take a large Handful of Hyssop out of a Garden, and cut it small; with this mix a small Handful of Salt, and put all into a Hogshead of ropy Drink, and in two Weeks Time it will be clear, if you shake the Vessel well when it is put in, and let the Ingredients remain to the last, stopping all close directly.*

Second Receipt for ropy Beer.] *Take two Handfuls of Bean Flower, half the Quantity of Salt; mix them well together, and put this into a twenty Gallon Cask of Beer, but do not stop it till it has done fomenting; let it stand about a Month, and it will be fit for use.*

To Recover a Butt of flat brown Beer, and to Fine and Mellow stale, prick'd and foul Drinks.] *Take a Handful of Salt, and as much Chalk scraped down fine, and well dried on a Plate before the Fire; then take Isinglass and dissolve it in stale Beer till it is about the consistence of a Syrrup; and strain it, and add a Quart of it to the Salt and Chalk, and also to two Quarts of Molasses mixed first all together with a Gallon of the Drink, and put it in to the Butt; then with a Stick slit into four at the lower End, stir the rack'd Beer well about, till it ferments, after which immediately stop it up very close, and in 48 Hours you may draw it.*

To Renew and Fine the bottoms of Casks, or any flat Drink.] Take two Pounds of coarse Sugar, and boil it in Water, when cold add a little Yeast, when fermented put it into a twenty Gallon Cask of such Liquor, and it will set the whole a Working, and make it drink brisk and pleasant.

To Recover ropy, flat, or prick'd Drink.] Boil a Pint of Wheat into two Quarts of Water, then squeeze out the liquid Part through a fine Linnen Cloth. Put a Pint of it into 16 or 20 Gallon Cask of Ale, it not only fines but preserves.

To fine and feed Drink another Way.] Take the Whites of three Eggs and their Shells, and mix with Flower of Horse Beans made fine, (that have been split and dried on the Kiln) but none of the Husks, and some clean Brandy, make it all up with some Treacle, and put it into a twenty Gallon Cask.

Another Way.] They will take Hops that have been boiled 20 or 30 Minutes in a first Wort, and dry them again; then put a Pound into a half a Hogshead, and it will fine it very well; and are better than fresh unboiled Hops; because they will gather, some into a Head, and some settle, and so are apt to foul the Drink as it is drawing.

Another Way.] It is the Practice of a certain Man, whenever he happens to have any Drink too stale, to put some scalding Water on Hops under Cover; where after having infused some Time, he puts all into at the Bung-hole to fine, recover, and preserve the same.

To preserve Drink that is to be sent Abroad.] Draw off the Ale or Beer, into a clean Cask: then pound some slit dried Horse Beans, free of their Hulls, till they are well powder'd, or made so by grinding them in a Mill; with this mix a little  
Yeast,



Yeast, and knead it; then dry it by the Fire, but not in the Oven, because it may be too hot for this Use. The Quantity of a small Dumplin will serve a Hogshead.

*To Cure a Hogshead of sour Ale or Beer.]* Take four or five Pounds of lean Mutton cut in Pieces, four Ounces of Egg Shells dried, and half an Ounce of Tartar, put these into the Cask, and your Liquor will soon be restored to its first Perfection.

N. B. The above Quantity of Ingredients are for half a Hogshead of either Ale or Beer; if the Liquor be more in Quantity, the Ingredients must be increased in Proportion thereto.

*In Lincolnshire they proceed thus :* When sour or foul Ale, they throw in at the Bung-hole a Piece of unslack'd Lime (according to the size of the Vessel, about a Pound to twenty Gallons) leaving the Bung loose two or three Days; then stop it close, and it will be fit for use in about a Month.

*To sweeten very stinking or musty Casks.]* What I have thoroughly experienced to answer the full End of sweetening a stinking and musty Cask, even beyond the Copper's firing; and that is to fill your Vessel with boiling Water, near, but not quite full, and then directly put in Pieces of unslack'd Stone-Lime, which will presently set the Water a boiling, that must still be fed on with more Pieces till the Ebullition has continued half an Hour at least, but if very bad longer: And after you have so done, bung all down, and let it remain till it is almost cold and no longer, lest the Lime at the bottom harden too much, and be difficult to wash out.



105

## Current Wine

Take a Gallon of white currant Juice,  
two Gallons of Water, Ten pound of  
powder sugar. mix them together, &  
when the Sugar is entirely Dissolved,  
Pour it into your cask, leave it with  
out the Bung, to ferment, filling  
it up every Day, when the fermenta-  
tion is over, Bung up your Cask, &  
in about six months it may be bottled  
off. tho' if it is kept twelve months  
in the cask it will be better bodied.  
N.B. if Fermentation will last three  
weeks or a month.

## Raisin Wine.

Take a hundred weight of Old Mala-  
ga Raisins, (if they are Coddied, the  
Better) put them stalks & all in-  
to a large Open tub, & Pour eighteen  
gallons (or 20) of Spring water upon  
them, let them stand to ferment,  
stirring them with a Broad Stick  
every

every day, & when the fermentation is over, which will be in five in summer & six in winter, Draw it off in to your cask, which must be Bung'd up immediately. & if you have a mind to make

### Raison Vinegar

you have only to pour ten Gallons of fresh Spring Water to the raisons which remain when<sup>r</sup> Wine is Drawn off, & let it stand to ferment, you'll find it Amply will reward your trouble.

## Minced Pies 107

Take of Suet, Apples, & Currants,  
of each a pound, of Raisons <sup>Stoned</sup> half  
a pound, cut them small & add a  
penny loaf grated, half a pound of  
Sugar, Some Slices of confected  
orange & Citron and Lemon  
Peel, Mix them & keep y<sup>m</sup> for use.

## Currant Jelly

Take any quantity of Currants  
put them into a pan, Bruise them  
& Boil them gently over the fire  
keep continually stirring, pour of  
the Juice thro' a hair sieve, & to  
every pound of Juice add a pound  
of Sugar, Boil ~~them~~ <sup>it</sup> to a proper  
consistence, & Strain thro' a flannel  
Bagg.



Barberry Jelly

is prepared the same way as  
that of Currants.

Hartshorn Jelly

Take Six ounces of hartshorn  
Shavings, of spring water six  
pints, Boil them in a glass  
Earthen vessel, till two parts  
of it liquor is wasted, strain  
it & add half a pound fine  
white Sugar, a gill of white  
Wine & it Juice of one  
Lemon or Orange, & boill  
it to a proper Consistence on  
a Slow fire.

## 144. Ginger Wine

Take a Pound of Sugar, Boil  
in a gallon of water with two  
ounces of ginger, on a slow fire  
Slice a lemon in it & Let it  
stand till it is cold, cask it up  
& Let it stand fourteen Days, &  
then Bottle it.

## To Pickle Bacon.

Take the bacon of a quarter  
of Pork, and lay it in pump  
water a full hour, then dry  
it well in a cloth, rub it  
with about three ounces of  
salt petre, and half a pound  
of coarce sugar, and half a  
stone of common salt, lay it  
in your pot, a layer of bacon, &  
a layer of salt, sprinkle it with  
water between every layer.

110

## Artificial yeast

Thicken two quarts of water with fine flour till it be of it consistence of common water-gruel: boil it half an hour, sweeten with half lb coarse sugar. When almost cold, pour it into a large jug upon four Spoonfulls of Barm or yeast. Shake it well together, let it stand open to ferment a whole day before it fere. The Thin liquor thrown up by fermentation must be poured off. Shake the remainder, & cork it up for use.

A gill and a half is sufficient  
to



To ferment a Peck loaf  
four Spoonfulls of this  
artificial Yest will make  
a fresh quantity & so on  
in Succession.

To Preserve Boollie's or  
Bullace

Take What Quantity you Please  
of Boollie Plumbs, put them  
into a clean Sauce pan, pour  
Cold water on them till they are  
cover'd an inch or two, put the  
Sauce pan on a clear fire, &  
When they Begin to boil, let  
the pan be removed from of fire,  
pour off the Liquor, & put the  
Plumbs freed therefrom into  
a Clean China Bowl to cool.  
then

then take an equal quantity of Bobbies, Boil them ~~till~~ in a greater quantity of Water till such time as they are sufficiently broken & their Juices imparted to the Water. When it is carefully to be strain'd & used in the following Manner.

Put the Bobbies which were cooling in the Bowl into Clean Dry quart Bottles, & fill it with <sup>7</sup> Liquor above mentioned, when Cold. & pour a little melted Suit into it Neck of the Bottle.

Query. Will not Green  
Goose berries, Damascenes, &c  
Preserve in the same Manner?

N.B. the Boobies must not be  
Quite ripe.

Bullace or Boobie's

Raisin Wine - W. T. Scarlett

To a hundred wt. of Raisins  
Picked clean from of Stalks and  
cut in halves, put 18 Gallons  
of Water; let it stand 14 days  
stirring it 2 or 3 times a day;  
put the fruit into Bags & press  
them strongly, put the liquor  
in to a Cask; the Bung hole  
being rubb'd with yeast, put  
a piece of white paper over it,  
and



and over that, put Separately,  
 some with yeast over one  
 another Nine or ten pieces  
 of Brown cap-paper; when  
 it has stood 3 or 4 months,  
 put in at the Spile hole, with  
 a funnel 2 quarts of the best  
 Brandy; Let it stand a year  
 in the Cask then bottle it  
 for use.

Belvedere or Malaga

Rassons are proper for  
 this wine.

## a Cheese-cake Pudding

Take three quarts of Milk,  
 3 quarters of a Pound of ~~grained~~  
 rice boil the Rice in the Milk  
 over a slow fire till a spoon  
 will stand upright in it,  
 take it off the Fire & add a  
 pound of Butter, ten beaten Eggs,  
 three quarters of a pound of  
 Sugar, and a p<sup>d</sup> & half of Currants  
 put it into a crust & send  
 it to the Oven.

— or

Take three Pints of Milk, Six  
 ounces of Gr<sup>d</sup> Rice, boil it as  
 above, & add half a Pound of Butter,  
 five beaten Eggs, Six ounces of  
 Sugar, and three quarters of a pound  
 of Currants, put it in a crust &

## Ginger bread

Take two pounds of flour,  
 one pound of butter, One lb.  
 of sugar, one ounce of powdered  
 ginger, Mix these well together,  
 then add a pound of Warm  
 Treacle & stir them together  
 in to a paste, Which may  
 be rolled out & cut ~~it~~ into  
 what figures you please  
 & Baked.

N.B. you may add Orange  
 Chips, beaten cloves &c.  
 if you please.



117. Mrs. Scurlet  
Lemon Pickles.

Take Six Large Lemons, Pare them or grate them so thin that scarcely any white will appear. Slit them at each <sup>end</sup>, about an inch deep: Open them at each end & work in as much salt as you possibly can; rubbing them well with it at the same time on the outside. Lay them in an earthen Pot, with a good deal of salt thrown over them, three or four days. — Take Six cloves of Garlic, half a handfull of sliced Horseradish, dry these with salt about them slightly. — When the Lemons are fit, set them in a slow Oven to dry till no moisture is left in them, & they are become very

very hard, but not burnt in the least.— when this is done boil 2 quarts of Vinegar, into which when cold put a quarter of an Ounce of Mace, of Cloves & of Nutmegs, each the same quantity, with almost as much Cayenne Pepper, & two ounces of flower of Mustard, & pour altogether on the Limons, Garlic and Horse-Radish— let them be stirred every Day for a week or more.—

N.B. you must repeat the Working in of the Salt at both ends of the Lemons if y<sup>e</sup> first dissolves.

The Pickle must be shaken up when used; and the  
Lemons

Lemons must be shred very fine when you put them into made Dishes.

## Queen Cakes

Take off flour, Currants, Sugar, Butter, & Eggs, of each one pound. — the Eggs must be beat up & Strain'd and the Whole mixed intimately, & divided in to Cakes in Moulds in the usual way for Baking.

Cheese Cakes



120  
Cheese Cakes

Take the Curd of a quart of  
New Milk, press it dry, -  
Boild into it  $\frac{1}{2}$  lb of Butter,  
 $\frac{1}{2}$  lb of Currants, 6 Eggs, some  
nutmeg mace & cloves, Grate  
in a Bisket, Sweeten it to  
your taste and add a glass  
of Brandy.

To make a Plum pudding  
without Eggs:

Take half a lb of bread grated,  
half a lb of sweet, half a lb of  
currants. two oz. of sugar, &  
a couple of table spoonfulls  
of brandy, it takes 4 hours  
boiling.

## To make yeast 121

Boil potatoes of the mealy sort, till they are thoroughly soft; skin and mash them very smooth, and put as much hot water to them, as will make the mash of the consistancy of common beer yeast, but not thicker. to every pound of potatoes add two ounces of coarse sugar. when just warm stir in for each pound of potatoes two spoonfulls of beer yeast, keep it warm till it has done fermenting and in twenty four hours it may be used. One pound of potatoes will make near a quart of yeast. The bread should be stirred sometimes & not stand to be cold before it goes into the oven. The bread requires longer time to rise than when made of other yeast. it also takes more of the yeast than of the common.

# Damascene or Bullace Cheese

Take 12 pounds of Damascene  
or Bullace when they are full  
ripe, put them into an earthen  
pot, boil them in a kettle of  
of water till they burst, then  
put them through a cullender  
& pick out the stones, then put  
them in a preserving pan, &  
boil them half an hour, then  
have ready 3 pounds of lump  
sugar powdered, and strew  
over as they boil, and let them  
boil till they are quite dry &  
stiff, then put them into a  
dish or plate.

## To make puff Cakes

Half a q<sup>r</sup> of a stone of flour,  
& 1 lb of butter, rubbed in with a  
little water.



## Little Cakes. 123

Rub 1<sup>lb</sup> of butter into  
2<sup>lb</sup> of flour,  $\frac{3}{4}$  of a <sup>lb</sup> of cur-  
-rants, and  $\frac{3}{4}$  <sup>lb</sup> of sugar beat  
fine, 6 yolks of Eggs, a little  
orange flower water or brandy,  
rub in the butter as fine as  
sugar, roll them out, and cut  
them with a glass, bake them  
upon tins well floured.

---

## To make Jumbale

To 1<sup>lb</sup> of flour, add  $\frac{3}{4}$  of a  
<sup>lb</sup> of sugar,  $\frac{1}{2}$  a <sup>lb</sup> of fresh  
butter, & 3 Eggs, make it into  
a paste, then roll them into  
Jumbale, lay them on a tin  
after they are rolled, roll  
them in sugar, and add  
carraway seeds.

---

To make penny plum  
Cakes. —

To half a q.<sup>r</sup> of a stone of  
flour, add a  $\frac{1}{4}$  lb of butter  
melted in a pint of new milk  
 $\frac{1}{2}$  lb of currants, & a  $\frac{1}{4}$  lb of sugar  
with a spoonful of yeast. —

To make sugar Cakes

To half a q.<sup>r</sup> of a stone of flour  
add two ounces of butter melted  
in a pint of new milk, &  $\frac{1}{4}$   
lb of sugar, with a spoonful  
of yeast.

To make a plain boiled  
rice Pudding.

Take a  $\frac{1}{4}$  of a lb of Rice, tie it  
in a cloth but give it room  
for swelling, boil it an hour  
then take it up, untie it, &  
with a spoon stir in it a  $\frac{1}{4}$  of

125

a lb of butter, grate some nut-  
meg, & sweeten it to your taste,  
then tie it up close in a cloth  
and boil it another hour,  
take it up, turn it into your  
dish & pour melted butter  
over it.

### To make Snow Balls.

Take  $\frac{1}{2}$  a lb of Rice washed  
clean, divide it into 6 parts  
take 6 apples pare them &  
scop out the core, put in a  
lemon peel shred fine, then  
have some thin cloths, put y.  
rice in the cloths, and lay the  
apples on, tie them up close,  
put them into cold water, &  
when the water boils they will  
take an hour &  $\frac{1}{4}$  boiling, be  
careful how you turn them  
out, that you don't break the  
rice, the sauce is melted butter  
sugar & a little wine.

---



## 126 To make Blanc mange

Take 3 pints of milk & oz  
of iuingbass, the peel of one  
lemon, a little mace, cinnamon,  
ginger, and single refined sugar  
sweeten it to your taste: boil it  
to a quart and half a pint  
stirring it all the time strain it  
into a bason & put it into what  
shapes you please, you may  
take 2oz of almonds beat fine  
and boil in it, instead of spices,

## To make boiled Custard

Take half a pint of cream  
put in it 3 eggs a quarter of  
a p. of sugar & some nutmeg  
stir it one way and boil it till  
it is thick.

## To make Blanc mange with almonds

Take  $\frac{1}{2}$  a lb of Jordan almonds

lay them in cold water the 12<sup>th</sup>  
next day blanch them and beat  
them with some orange flower  
water, when they are beaten very  
fine force them through a sieve  
with a quart of new milk,  
put it into a Skillet with an  
oz of Ssinglafs, a blade of mace,  
keep stirring it over a slow  
fire till you think it will jelly  
then put it into shapes.  
N.B. it will be best to dissolve  
your Ssinglafs over night in  
warm water. —

---

### To make Mango

Cut out the inside fill them  
with mustard seed, add a clove  
or two of garlic, a little whole  
pepper and mace, saw them up,  
boil vinegar with a little salt  
and put to them, scald the  
vinegar afterwards as you see  
season. —

## 128 To make Walnut Ketchup

Take an hundred of nuts  
bruise them well in a mortar  
put them in an earthen pot, put  
to them a very large handful  
of salt, stir them every day  
for a month, then strain it off,  
and boil it up with nutmeg,  
pepper, and mace, let it stand  
till cold, and bottle it up for use.

## To make Gooseberry Custard

Take one quart of gooseberries  
curdle them pour the liquor from  
them and braid them a little  
sweeten it to your taste, put in  
the yolks of eight eggs & one pint  
of cream, then set it on a slow  
fire, and keep stirring it till it  
just boils —

## Raspberry Jam

Take a quart of raspberries, one pint  
of currants 1 lb  $\frac{1}{2}$  of sugar, bruise all  
well & boil it enough —



## a pancake pudding 129

Take a quart of milk 4 eggs two large spoons full of flour, a little salt & grated ginger, butter your dish and bake it, pour melted butter over it when it comes from the oven. This is a cheap and very acceptable pudding being less offensive to the stomach than fried pancakes.

---

## To make cup puddings

Take six eggs to a pint & half of milk 3 spoons full of flour a little nutmeg, sweet sauce, thin the eggs with milk just before it goes in boil it half an hour.

---

## Lemon Posset

Take 2 lemons squeeze out the juice & sweeten it with lump sugar powdered fine, warm or boil almost a pint of cream let it cool till it is milk warm, put the juice into the dish you design to serve it up in, set that on the fire & put your cream in a teapot held up as high as you can to make it froth

## 130 Black Currant Jelly

Take a pound of sugar put it into a stew pan and keep wetting it with a gill of water, boil it 20 minutes then put in a pint of currant juice, let it boil a quarter of an hour or till it jellies, scum the ~~the~~ sugar well before the juice goes in.  
N. B. 20 minutes is rather too long to boil the sugar

---

## To make cakes for tea

Take one p<sup>d</sup> of flour, one <sup>lb</sup> of butter well rubbed in, two eggs, a few seeds if you like them mix it up and make it into cakes and bake them.

---

131 To make Bullace Cheese  
Miss. Mayhews way.

Take 3 quarters of a peck  
of bullace bake them in a pot  
close covered, let them be well  
baked, then take out all the  
stones and all the skins that  
look <sup>very</sup> brown, to every p. of bullace  
half a p. of common lump  
sugar pounded very fine, put  
them in a stew-pan and boil them  
stirring them all the time till  
they are as stiff as glue, so  
stiff that you can scarcely stir  
them, then put them into what  
shape you please, and let them  
stand in them till you turn  
them out for use, put paper  
between and cover them one  
over the other. N.B. pick the  
best bullace for use.



132

Mr. Jas. S. Marshon's  
(Surgeon Norwich) Recipe  
for Diarrhoea

---

Diluted Sulphuric Acid  
 $\frac{1}{2}$  g. Tincture of Opium  
1 dram - Peppermint  
or plain water  $\frac{1}{2}$  pint  
— Two table spoonful  
after each motion and  
take everything cold and  
drink no Malt liquor

---

1857

## Green Gooseberry Wine.

To one gallon of Water  
 put four pounds of Gooseber-  
 ries bruised (when at the  
 lowest) let it stand three  
 days, stirring it two or three  
 times every day: then strain  
 it through a hair sieve - to  
 every gallon of the liquor  
 put four pounds of lump  
 sugar - when dissolved put  
 it into the barrel: stir it  
 well together and add Tringlas  
 dissolved (but quite cool) half  
 a pint of brandy to every gallon.  
 Stir it twice a day till it has done  
 working. then put in the brandy.  
 Let it stand 8 or 9 months, then  
 bottle it.

Blacking

that requires no polishing

Half a ~~lb~~ of India Rubber dissolved  
in Half a pint of Rape oil - One ounce  
of Gum Arabic - One ounce of Gum  
Dragon - Half a ~~lb~~ of Glue - Boil a  
Quarter of a ~~lb~~ of Logwood half an  
hour in three pints of Vinegar. Take  
out the chips and add all the  
above ingredients together. Bottle it  
hot and cork it well

---



135

# Elder Flower Wine or Frontinac.

To every six gallons of  
water put 10 pounds of lump  
sugar - boil it half an hour -  
when it is quite warm add  
to it a quarter of a peck of  
Elder Flowers picked from  
the stalks, the juice and peel  
of six lemons, 6 pounds of  
Raisins stoned and 4 or 5  
: Spoonfuls of yeast upon a  
piece of toasted bread - Stir it  
frequently three or four days -  
when it has done working  
stop it up and it will be fit  
to bottle in six or eight months.  
N. B. The lemons must be  
pared as thin as possible.

## Elder berry Wine.

Gather the berries when  
full ripe, before the frosts  
catch them - to three pecks  
of berries put twelve gallons  
of water and boil them  
one hour. Then strain it  
through a hair sieve without  
pressing the berries - put the  
liquor into your copper and  
to every gallon add three pounds  
of good raw sugar. As often as  
the copper boils skim it till  
no scum rises, then put in  
one ounce of cloves, six  
ounces of ginger - let it boil  
half an hour, stirring it well.

137  
after standing two nights  
and one day turn all  
together into a barrel that  
will just hold it in about  
four days stop it up -  
Bottle it at Christmas.



## = Ginger Wine.

Take eight gallons of water and eighteen pounds of good raw sugar, five whites of eggs well beaten, mix all these well together, when cold - then boil it half an hour and strain it well: bruise three ounces and a half of white ginger, put it into a linen bag and then into the wine and boil it half an hour longer - take the peel of six lemons pared very thin put it into the tub and pour the wine over it boiling hot - when cool add yeast and the juice of seven lemons. let

It stand twenty four hours,  
Then put it into the cask  
with four pounds of raisins  
chopped small and likewise  
the ginger and peel.

Bottle it at the end of  
seven weeks.

149  
= Lemon Wine.

To one gallon of water  
put 3 pounds of refined  
sugar: boil it a quarter  
of an hour - Strain it well  
then pour it on the rinds  
of four lemons parse very  
thin - make the juice into  
a thick syrup with half a  
pound of the sugar intended  
for the wine - mix it with  
the liquor after it is boiled,  
when near cold spread a  
sieveful of new barm upon  
a slice of toasted <sup>& put in</sup> bread - put it in  
the cask with a little Dingle  
but let it first ferment two days  
After it is put in the cask close it  
up and let it stand three months



## To dry Plums.

1241  
=

To 6 lbs of plums allow 1 lb of fine raw sugar - make the syrup with as much water as will cover the sugar, when it boils skim it, prick the plums with a needle and thrust out the stones with a wood skewer - put them into the syrup to scald, but not boil - take them off to cool, and then let them be scalding hot again three times and the fourth time let the fruit have a boil up - lay the plums on a sieve to drain, and then spread them on tins to dry in a warm oven or in the sun.

By adding a little more sugar you will have syrup enough for another six pounds of plums.

142 To make raised  
Mutton pies.

Take a quarter of a pound  
of mutton suet cut in pieces.  
Put it into a pint of water  
and let it boil - Take a pound  
and a half of flour, make a  
hole in it and pour the suet  
and water boiling hot into it  
with a little salt - work it up  
as hot as you can, as the bottom  
crust will not stand if it is not  
made up hot - The top crust you  
may make as rich as you thin.  
proper - you must not put any  
gravy into them when you send  
them to the oven, but have strong gra-  
vied ready to pour in hot when they come  
from the oven - you must leave a hole  
at the top to pour it in.

Made's cookery. 143  
Broths.

In the French Cook  
by Louis Rustemhe the  
Cook to the late Duke of York.  
It is observed that broth  
is the foundation of cookery,  
as from broth all the sauces  
are made, and from  
the first soup, from morsels  
of meat will answer for  
them provided care be  
taken to skim it well  
from fat and season in  
a good kitchen broth  
It should be always in the  
kitchen, or else for a large  
dinner it must be made  
in quantity proportioned  
to the number of dishes.



Take part of a breast or  
 of a mutton of beef, with  
 some of the preserves or  
 trimmings. Put the meat  
 into a stock-pot with cold  
 water. Set it on the fire,  
 and watch the proper  
 moment to skim it. If this  
 broth is not clear and bright,  
 the other broths and sauces  
 will also be spoiled. Be par-  
 ticular in taking off the  
 black scum; throw a little  
 water in the above to scum  
 up the white scum. When  
 all the scum has been removed  
 put in a few carrots, turnips,  
 heads of celery and leeks, four  
 large onions, one of which is to be  
 stuck with five cloves. These should  
 be put in the stock-pot.

145

a handful of salt into the stock pot, and let the whole simmer for five hours. Skim away all the fat, then strain the broth through a double silk sieve, lay the piece of beef in a tray or pan; pour over some of the broth to keep it hot, till the moment that you serve up. You make the broth in this manner, when you want to use the beef for one of your remoues; otherwise you cut the beef smaller to be sooner done. This beef serves to moisten all the other broths of which there are numerous names - one is as follows:

First Consommé  
ou gravy.

Mark is a stock pot or large piece of beefstock of beef or other part with a knuckle

Mark is a French term which signifies that all the ingredients ready

146  
of meal and the simmings  
of meat or fowls, according  
to the quantity of sauce you  
may wish to make. This  
broth will admit all sorts of  
meal or poultry. Let the meat  
stew on a gentle fire. Wristen  
cut about two large Coddle-pots  
of the first broth, put in  
vegetables into this broth,  
but a bunch of parsley and  
green onions. Let them sweat  
thoroughly, then thrust your  
knife into the meat: if no blood  
issue it is a sign that it is heated  
through. Then overturn it with  
boiling broth to the top, and let  
it boil gently for about four  
hours; after which use this  
consommé to make the sauce  
or the consommés of either  
poultry or game. Take off the  
fat, and season of all the various



broths, and keep the pots full, in order that the broth be not too high in colour. When the broth remains too long on the fire, it loses its clarity, acquires too brown a colour, and taste strong and disagreeable.

### Consommé of poultry.

Beef is no longer required in the consommés of poultry or game. Put a few slices of ham in the bottom of a stewpan, with some peel - the knuckle is best. over the peel the bones and trimmings of fowl. Then moisten two inches deep with the first consommé, and let it sweat on a fire, not too high that the bludge can colour the sides of the vessel. When the meat is heated through, (which you know by thrusting your knife into it, cover it with the first consommé, seasoned with mushrooms, a bunch of parsley,

140  
and green onions, taking  
especial care to keep the vessel  
very full, and let the meat  
boil till it be done properly,  
skim away the fat when  
the broth is boiled, and strain  
the consommé through a sifter,  
lieve and use when wanted.

### Consommé of Game

If you are to send up  
carrées of partridges, have  
ready a consommé of  
partridges. Put into a stewpan  
a few bits of veal, the backs  
&c. of partridges well laid  
over them, to these, if you  
think proper, you may add  
a few carcasses of rabbits.  
If you insist on with a  
consommé containing them  
there is an occasion to put  
in any more, if not a few

Stems of herbs will not be  
missed. If your entries are  
with ruffles, add the leaves  
of your ruffles and a few  
mushrooms. When the  
wound is sufficiently  
dressed, strain it through a  
cloth, or silk sieve, and use  
it when you have an  
opportunity. (Note, bundle  
or bundle is made with  
parsley and green onions.

When seasoned, you must  
put it to some long leaves  
or two bunches of thyme,  
a bit of sweet basil, two cloves,  
and six leaves of onion.

Astoria.

Take a handful of cro-  
matic herbs, such as  
burnt chervil, and tarragon.  
Boil them in white vinegar,



<sup>150</sup>  
When the vinegar is well  
scented, pour into your  
stew-pan some unsavoury  
of fowl reduced, season  
well before you clarify.  
When the aspic is highly  
seasoned, break the white of  
four eggs into an earthen  
pan, and beat them with  
an ager-rod; throw the  
aspic in to those whites of  
eggs, and put the whole  
on the fire in a stew-pan,  
keep beating or stirring till  
your jelly gets white; it is  
then very near boiling. Put  
it on the corner of the stove,  
with a cover over it, and a little  
fire on the top of it. When you  
see it clear and bright, strain it thro'  
a hair or sieve to be used when  
wanted. N. B. If you should  
want to use it for a oneyos or

151  
or jelly in moulds, you must  
make sure of its being stiff  
enough. Then put a bunch  
of veal into a stock pot, or  
small joint of a ~~beef~~ <sup>beef</sup> ~~beef~~ <sup>beef</sup>  
hump, some bunching of fowls,  
or game. Season this with  
onions, carrots, a bunch of  
herbs well seasoned; pour  
into it half a bottle of white  
wine, and moisten with good  
broth; let it boil gently for  
four hours, then strain away  
all the fat, & strain it through  
a cloth sieve; put it into a  
steep pan, with two Spoonfuls  
of tarragon vinegar, and some  
beates of eggs, salt and pepper  
to clarify; and keep stirring  
on the fire till the whole  
becomes very white, then put  
this on the side with a little  
fire over the cover; when you  
find it clear & drain it into a cloth  
or jelly bag, and use it for aspics,  
or not & do not put in ~~any~~ <sup>any</sup> vinegar,  
like for pie or galantine &c. as a ~~rule~~ <sup>rule</sup>.

## Jellée of meat for pies.

The jellée of meat for pies is not to be prepared in the same manner as the aspice. Neither cross, white herbs nor vinegar are to be used. The jellée is to be made as follows: Put into a stew pan a good piece of beef, two calves' feet, a handful of veal, remnants of parrot, or fennel according to the contents of your pies, two onions thick with cloves, two carrots, four shallots, a bunch of parsley and green onions, some thyme, bay-leaves, spices, &c. and a small piece of lemon. Suet the whole over a very slow fire, then moisten with some good broth, let the stew pan be covered close, and these ingredients stew for four hours, but very gently. When done, taste and season it well and clarify it as you do the aspice. In order that it may keep the better put it into



## White Sauce. 153

Put a good lump of butter into a stew-pan, let it melt over a slow fire; when melted, strain the butter, and squeeze out the butter-milk, then powder it over with flour, enough to make a thin paste; keep it on the fire for a quarter of an hour, <sup>not</sup> let it come to a boil, and pour it into an earthen pan to use when wanted.

## Brown Sauce.

Put into a stew-pan a piece of butter proportionate to the quantity of sauce you want to prepare. Melt it gently, squeeze out the butter-milk, then put the flour enough to make a paste; you must

1574  
Dry it on a slow fire, until brown,  
but it again over very red  
ashes, till it be of a nice colour.  
but mind this is to be obtained  
only by slow degrees. When  
of a light brown, you burn  
it into an ashen green, and  
break it for use. It keeps a  
long while. A. R. Meene  
unable to find an expressive  
term in English for the French  
term Rune. It is an indisputable  
article in cookery, it serves  
to thicken sauces, the brown  
to for the sauces of the same  
nature, and the colour must  
be obtained by slow degrees,  
otherwise the flour will burn  
and give a bitter taste, and the  
sauces become spotted with  
black.

## The Coulis. 155

Make the Coulis in the same manner as the gravy of veal, with slices of ham, and slices of veal, &c. When the gravy is of a nice colour, moisten it, and let it stew entirely. You must season it with a bunch of parsley and green onions, or scallions, &c. Then mix some brown roux with the gravy of veal, but do not make it too thick, as you would not get the fat out of your sauce. Let it stand an hour on the corner of the stove - strain the fat and strain it.

### Sauce Saurcée.

Take some white roux, dilute it with some consommé of fowl; neither too thick nor too thin. Season when too thick with never add salt of the fat being removed. Let it boil on the corner of the stove. Throw



is a few mushrooms, with a bunch of parsley and green onions. Stir it well, and when there is no grease left, stir in it through a tammy, use it when wanted.

### Sauce à l'Allemande

This is merely a sauce tomée reduced into which is <sup>the</sup> thickening well seasoned. This sauce is always used for the following soups or ragouts viz. Blanchette of all description, of veal, of fowl, of game, or pellets, ragout, à la turquoise, l'œuf à la crème, à la crème, white financière royale, &c. &c.

\* This thickening is in French called liaison. it is the yolk of two or four eggs.

### The Velouté.

Take much about the same quantity of wassouille and sauce tomée, and reduce them over a large fire. When this sauce is very thick, you should

157

Have some thick cream boiling  
and add, which you pour  
into the same and give it  
two boilings; season with a  
little salt and strain through a  
tannery. If the ham should be  
too salt, put in a little sugar.  
This sauce is not to be so thick  
as the Béchamel.

### Gravé Espagnole.

Besides some slices of ham,  
put into a stew-pan some  
slices of veal. Moisten the same  
as for the coulis; sweat them  
also the same: let all the glaze  
go to the bottom, and when of  
a nice red colour, moisten  
with a few spoonfuls <sup>first</sup> of con-  
sommé, to detach the glaze.  
Then pour in the coulis. Let the  
whole boil for half an hour, that  
you may be enabled to remove  
all the fat. Strain it through a  
clean tannery. Remember always

to put into your sauce some  
onions, with a bunch  
of parsley and green onions.  
If you neglect to put into your  
dish the necessary articles to  
sweeten the flavor will be  
deficient. The same or both  
when kept too long on the fire  
lose its proper taste, and a strong  
one

### Eschynole of game.

The same operation as above  
except that in it you introduce  
the herbs and trimmings of fowl.  
Yes young or old. That this sauce  
may taste of game. But then to  
sweeten, I mean has that such  
sauce, if kept too long on the  
fire lose the flavors and juices  
of the game. This method may  
be thus abbreviated. Mark a good  
quantity of game; add some  
red wine to glaze, then by putting  
a small bit of the glaze in either  
sauce, it will answer better.



## White Italian Sauce <sup>159</sup>

After having turned some mushrooms, throw them into a little water to keep them white. Boiling it was unnecessary but oil for these sauces, is on account of its being much lighter it would rise to the top, but in thick sauces butter does not. Put into a stew-pan two thirds of sauce tomatoe and one third of worcester, and two spoonfuls of some browned chopped very fine, and especially of a white colour, half a spoonful of potatoes likewise chopped, and well washed in the corner of a clean towel. Reduce this sauce, season is well and send it up.

## Brown Italian Sauce

It is requisite in a kitchen to have what is called an assiette, which is a dish with four partitions intended for the reception of fine herbs. You must always have

recently some parsley chopped  
 very fine, some shallots the  
 same; if the mushrooms were  
 chopped before hand they would  
 become black; therefore only chop  
 them when you have occasion  
 for them; the fourth partition  
 is intended for the reception  
 of bunches of parsley and green  
 onions. The chopping and mincing  
 of the above is the business of  
 the Britisher maid.

Take two spoonfuls of  
~~chopped~~ mushrooms, one  
 spoonful of shallots, one ditto  
 of parsley. Throw the whole into  
 a stew-pan, with two thirds of  
espagnole sauce, and one third  
 some people add white wine  
 to the sauce. In France  
 where there is a chance of light  
 white wines, it might be done easily  
 but in England, where Champagne

is the only wine that can be  
 used, it would be too dear. This  
 sauce may be made very good  
 without any other, if it can be  
 worked well, to its proper degree,  
 with a little salt and still  
 less pepper. Brown sauces  
 are not to be made thick. When  
 the sauce is done enough, you  
 must put it into another  
 stew-pan, and put it on  
low fire. If you were not  
 to strain this sauce with par-  
 ticular care, you might strain  
 off all the parsley, which must  
 remain in it. Italians that  
 are preferred by all epicures,  
 chop some of the mushrooms;  
 after they have been in butter to  
 preserve them very white; observe  
 they must be very fine; put them  
 in a small stew-pan, with a  
 small table of blond sauce, the  
 same quantity of espagnole  
 sauce; let that sauce boil gently



102  
The side of the stove, to scum  
all the fat, seasoned with salt  
and pepper, and put it on  
bain marie for any thing  
wanted.

P. M. Bain Marie is a flat  
vessel containing boiling  
water; you put all your  
stew pans into the water, and  
keep that water very hot, but  
it must not boil. The effect of  
this bain marie, is to keep  
every thing warm, without  
altering either the quantity or  
the quality, particularly the  
quality. It is necessary to observe  
that this is the best method of  
warming turtle soup, as the  
fire pan is always at the  
bottom of the stew pan. This  
method prevents it from burning,  
and keeps it always good.

# 163 White sharp Sauce.

Pour into a stew-pan four  
spoonfuls of white vinegar,  
to which add some tarragon,  
(use tarragon vinegar, if you  
have no tarragon) and about  
twenty pepper corns; reduce  
the vinegar to one fourth of its  
original quantity; pour into the  
stew-pan six spoonfuls of some  
turne and two spoonfuls  
of ancho. Then reduce  
this sauce over a large fire.  
Strain it through a tammy  
and pour it again on the fire.  
When it boils, thicken it with  
the yolks of two eggs, work it  
with a small piece of butter.  
Should it happen to be brown,  
pour a spoonful of cream into  
it, to reduce the white colour,  
and put a little cerise and  
salt. This sort of sauce is used  
for all the perles.

114

The herbs called Rennigotta  
 or burnet chervil and terrago.  
 The sauces called Rennigotta  
 are made with these herbs  
 minced in two or three spoonful  
 of white wine vinegar on a stone  
 - <sup>herbs</sup> ~~herbs~~ <sup>or stone</sup> ~~stone~~  
 five <sup>herbs</sup> ~~herbs~~ <sup>or stone</sup> ~~stone~~ with  
 eight spoonfuls of Eschagnob  
 or saucie tomme. The whole  
 then stewed ten minutes or  
 a quarter of an hour. To be  
 seasoned with salt and vinegar  
 brought a larding to be used  
 when wanted.

### Rennigotta de l'Ude.

Take a half spoonful of estach,  
 ditto of camille, ditto of Chili Vine,  
 ditto of Reading saucie a piece of  
 butter the size of an egg, three  
 spoonfuls of thick herbess, a  
 little new cream, salt and pepper  
 and a little herbess chopped fin  
 and bleached very green. This  
 sauce is the invention of Ude.



Take about half a quart  
 of a pound of butter, about  
 three pounds of veal, cut into  
 small slices, a quarter of a  
 pound of bacon, some trimmings  
 of mutton, two small white  
 onions, a bunch of parsley and  
 green onions, put the whole  
 into a stew-pan, and lay it on  
 the fire till the meat be made  
 firm. Then put some spoonfuls  
 of flour, moiden, with some  
 boiling hot thin cream. Keep  
 this some rather thin, so that  
 it will give colour to the ingre-  
 dients when some time is  
 passed. Season it with a little  
 salt, and strain it through a tammy,  
 when it retains no taste of flour,  
 and the sauce is very palatable.

*Fish sauce.*  
 Fish sauce is made of fish  
 steamed, mixed with mushrooms  
 and other ingredients - with some  
 either red or white -

# 166 Purée.

Purée is of any vegetables  
steamed and docined, some-  
times mixed with Espagnole, or  
Béchamel or Velouté &c. and  
rubbed through a tammy.  
Beans or Leas or Celery  
or a parsnip are made  
soy. or Chestnuts, &c.

## Sauce à la Lucullus.

Put into a small stew pan  
a few slices of ham, one or two  
pounds of veal, and the legs  
and rump of a partridge on  
the top of the former, moisten  
with a wine glass <sup>good</sup> of consomme  
and put the whole on a slow  
fire, in order to sweat it through.  
Thrust your knife into the  
partridge, if no blood comes,  
moisten with boiling <sup>consomme</sup> ~~consomme~~  
enough to cover the meat, also  
with a bundle of parsley and  
green onions, a few blades of ma-  
jorane, a little thyme, half a

167  
bay-leaf, four or five all-spice  
the trimmings of buffles and  
mustard-seeds; let your wasson-  
me boil till the pan-bridge is  
well done, then strain through  
a silk sieve, and reduce the  
wassonme to a very light glaze.  
Then take a sufficient quantity  
of Beckonnel and mix a spoon-  
ful of glaze of game with it;  
but as this glaze would make  
the sauce of a brown colour,  
you must have a few spoon-  
fuls of thick cream to mix with  
it. You must have for garnish  
scouts, some buffles cut into  
the size of a penny. Put  
them separately into clarified  
butter with a little salt.

When you are going to send  
up the dinner, scum or fry  
tender the buffles and when  
done remove the butter off, put  
them separately into a small  
stew-pan with a little essence  
of game and buffles. To you



168  
are to marish those parts  
only which are not decimated  
take up the fillets and dip  
them into the same, but  
no deeper than the part  
which you have flayed  
slightly, in order to render the  
buffles blancher. When you  
have obtained a large fillet  
and a small one alternately,  
you sort the fillets majors  
with the remainder of the same,  
and put in the middle the  
buffles, cut to the size of a  
penny, which have been  
lying in a sauce like that  
which has been used for the  
fillets.

Verd de Epinauds or  
Green Extract of Spinach.

Pick and wash two large  
bunches of spinach; wash  
them in a mortar to extract  
all the juice; then squeeze  
the spinach through a tampon

and pour your juice into <sup>a bag</sup> white  
stew-pan which put on bain  
marie that it may not boil  
Watch it close, as soon as it is  
boiled lay it in a silk sieve  
to drain, and when all the  
water is strained, use the verd  
or green to green Olativer  
may be repeated, to make the  
Reverd d'epinard? made  
according to this receipt is far  
superior to the herb.

### Verd de Persil.

This receipt is similar to  
the above. Parsley is a  
necessary ingredient in cooking  
& as it gives them an agree-  
able flavour. Verd d'epinard  
being without flavour may  
be used for entremets. The verd  
de persil for entrees and  
soups only.

Braises in general  
mean any thing done thoroughly  
seasoned with vegetable, &c.

# 170 Fricandeau.

Take of the middle of a  
 lb of meat flattened & thinned  
 then larded very thick, put  
 it into a stew-pan large  
 enough to contain it, besides  
 plenty of roots cut into slices  
 such as two carrots, two large  
 onions, and some roots of parsley  
 with a small quantity of mace  
 all spice, thyme and whole pepper.  
 These are to be put on the bottom  
 of the stew-pan, with layers of  
 very fat bacon on the top of the  
 vegetables. When the roots are  
 well covered, erect a small  
 dome in the center, lay the  
 fricandeau over the bacon,  
 bundle a little salt over it,  
 and moisten with a sufficient  
 quantity of broth to cover the  
 roots without reaching the fricandeau. Then pour  
 of fire on the cover of the stew-  
 pan, keeping very little below it.



71

The Picannade may be  
in its shape - it may be cut  
in the form of a trille and  
vegetables be placed at the  
four corners & imitated also  
the ends the middle of the leg  
of veal - sauc de veau,  
It goes for an entrée

Veal of veal à la Barbican  
Cut the bones short enough to be  
enabled to roll the flanks underneath  
give it a square shape Cut some  
black buffles into the shape  
of a hair and with these cover  
the meat. Put them so as to  
represent a draft-guard. Arrange  
the meat as you would a Picannade,  
but it requires bacon on the  
top, that the veal may retain a  
white colour, and the buffles  
their black one. When done  
glaze it slightly and serve under  
it an Italian sauce with buffles,  
or the same sauce.

All the entrées given may  
may be changed in appearance  
by changing the sauce.

172 Requepote

Take calves' hearts boiled  
in sugar and a little butter  
when done the broth to be  
seasoned and the whole  
put into an asparagus.

### Requepote

are made of cockscombs,  
kidneys, livers, a few yolks  
of eggs, salt and thin the combs  
let them stew in water only  
blow hot and with very little  
fire two hours. They must then  
be put into blanc which means  
butter, salt, water and a slice of  
lemon. They must as the two  
minutes done. The kidneys not  
to boil the eggs to boil a  
little that the skin may come  
off. The whole must then be  
put in blanc. When the combs  
are done an asparagus must  
be ready with large mushrooms  
turned, and some small gar-  
lics which have been put to  
separately mix together and dress  
the requepote combs kidneys and eggs.  
Season well. Do not break the garnishes  
or balls.

## Turtle Soup.

173

If you wish to make  
turtle soup with less  
difficulty, cut off the head  
the preceding day. In the  
morning open the turtle: this  
is done by leaning heavily with  
your knife on the shell of the  
animals back, while you cut  
it all around. Turn it upright  
on its end, then all the water, &c  
may run out. Then cut the  
flesh off along the spine, with  
your knife's point towards the  
bones, for fear of touching the  
gull, which sometimes might  
escape your eye. When you have  
obtained all the flesh that is  
about the members, wash them  
clean, and let them drain. Have  
ready a large vessel full of boiling  
water on the fire, put in the shells,



74  
and when you perceive that  
they come off easily, take them  
out of the water, and prick  
all the shells of the back, belly,  
fins, head, &c. Boil the back  
and belly in water till you  
can take off the bones, without  
hurting, allowing the softer  
parts to be sufficiently done,  
as they will boil again in  
the sauce. When these come off  
easily, lay them on cent  
dishes singly, for fear they should  
stick together, and put them  
to cool. Keep the liquor in which  
you have bleached the softer  
parts, and let the bones stew  
thoroughly in it, as this liquor  
must be used to mix with all  
the sauces.

All the flesh of the interior  
parts, the four legs and head,  
must be treated in the following  
manner. Lay a few slices of

of ham on the bottom of a very  
large stew-pan. Lay over the  
ham two or three bunches of  
veal, according to the size of the  
turtle, and over the veal, the  
inside flesh of the turtle, and the  
members over the whole. Then  
hardly moisten it with the water  
in which you are boiling the  
shell, and sweat it thoroughly.  
You may be certain if the meat  
be thoroughly done by thrusting  
your knife into the flesh by part  
of the seam. If so bland is one, it is  
time to moisten it again with  
the liquor in which the bones, &c.  
have been boiling; put in a  
large bunch of celery and sweet  
herbs as are used in the roasting  
of a turtle: sweet basil, sweet  
marjoram, lemon thyme, winter  
sage, two or three bay leaves,  
common thyme, a handful of  
parsley and green onions, and a  
large onion stuck with six cloves,

176  
Let the whole be thoroughly done  
with respect to the members, broths  
them, see whether they are done  
and when done, drain and send  
them to the tender, as they are  
to serve their appearance  
only when the sauce is absolutely  
completed. When the flesh is also  
completely done, drain it through  
a silk sieve, make a white sauce  
thin, for turtle soup must not  
be much thickened; when the  
flame is sufficiently done on  
a slow fire, and has a good  
blaze, moisten it with the liquor  
and turn this sauce over the  
fire till it boils. It is certain  
that the sauce is neither too  
thick nor too thin, when put  
the skewer on the side of the  
stone, to skim off all the white  
foam, and all the fat and air  
that rise on the surface of the  
of the sauce. By this time all  
the softer parts will be cold enough



cut them about an inch of  
two square, without waste, throw  
the whole into the sauce which  
must simmer gently, then lay  
them again, for if done enough  
they are not to be kept on the  
fire any longer. Strain off all the  
fat and froth. Take all the  
leaves of the herbs from the  
stock, sweet basil, sweet mar-  
joram, lemon-thyme, winter  
savory, two or three bay leaves,  
common thyme, a handful  
of parsley and green onions and  
a large onion cut in four pieces,  
with a few slices of mace, put  
them in a stew pan with about  
a quarter of a pound of fresh  
butter. Let this simmer on a slow  
fire, till they are quite melted, then  
put in one bottle of good Madeira  
adding a small piece of sugar, and  
let this boil gently for one hour  
when done, rub this through a tammy  
and put it into the sauce. Let this  
will till all white steam rises: then

Take with a chopper, all the bits  
of turtle and of the same, and  
put them into a clean stew pan  
when you have all out from the  
same over the bits of turtle, pour  
a tarrony, and proceed as follows.  
Make some quenilles à tortue this  
being substitutes for eggs do not  
require to be very delicate. They are  
made in the following manner:  
Take and the fleshy part of leg  
of veal, about one pound, scrape  
off all the meat, without leaving  
any sinews or fat, and soak in  
milk about the same quantity  
of crumbs of bread. When the bread  
is well soaked, squeeze it, and  
put it into a mortar, with the  
veal, a small quantity of calves  
udder a little butter, the yolks  
of four eggs, beaten hard, a little  
 cayenne pepper, salt, and spices,  
and pound the whole very fine.  
Then thicken the mixture with  
two <sup>whole</sup> eggs, and the yolks of two more.

179

Next day the sauce is boiling  
hot water, to ascertain its  
consistency; if you find it too  
thin, add the yolk of an egg.  
When the sauce is purified, take  
half of it, and put into it some  
chopped parsley. Set the whole  
cool, in order to roll it of the size  
of the yolk of an egg; wash  
it in salt and boiling water  
and when very hard drain on a  
sieve, and put it into the turtle.  
Before you send up, squeeze  
the juice of two or three lemons,  
with a little Cayenne pepper,  
and pour that into the soup.  
The soup may be served as a  
plat d'entrée with a little taste  
of sauce; if not, on the following  
day you may warm the turtle  
au bain marie, and serve  
the members entire, with a  
matelote sauce, garnished  
with mushrooms, artichokes,  
quennelles, &c. When either lemon



180.  
-juice or Cayenne pepper has  
been introduced, no boiling must  
take place. It is necessary to  
observe, that the turtle prepared  
a day before it is used, is generally  
preferable, the flavour being  
more uniform. Be particular  
when you dress a very large  
turtle to preserve the green  
fat in a separate stew-pan,  
and likewise when the turtle  
is entirely done, to have as  
many tereens as you mean to  
serve cut fine. You cannot  
put the whole in a large vessel  
for many reasons: first it will  
be long cooling; secondly, when  
you take some out, it will  
break all the rest into pieces.  
If you season in a boiling marinade,  
the turtle will always retain  
the same taste, but if you boil  
too often it becomes starchy.

\* Be cautious not to study a brown  
colour. The natural green being  
preferred by true connoisseurs.

N.B. It is not the fashion to  
 serve eggs with turtle but it  
 may be necessary to enquire  
 whether they are preferred.

Some people require besides  
 pieces of deer, blanquettes, &c  
 all which are prepared like venison.

### French Turtle. English fashion.

Take a calf's head new white  
 and very fresh, bone the nose  
 part of it: put the head into some  
 warm water to discharge the blood.  
 Squeeze the flesh with your hand  
 to ascertain that it is all out. The  
 water should never be too hot for  
 you to bear your hand in it.  
 As long as you can bear it, the  
 blood will come out, but if you  
 suffer it to be too hot, it will  
 turn the dead blanch. When well  
 disgorged, blanch the head in  
 boiling water; when firm, put  
 it into cold water prepared thus  
 in the following way to boil it in:  
 cut half a pound of fat bacon, a

182  
pounded of keef secret, and onion  
struck with a clove, and two  
lices of lemon; add to these  
lices of carrot, a bunch of pars-  
green onions, thyme, bay leaves,  
sweet basil, salt and pepper,  
put all these into a vessel, with  
water enough to contain the head,  
bail the head in this, and take  
care to put it in a cloth when done  
and observe that it be not over-  
done; let it cool in the liquor,  
then on the 2d come in the  
following manner.

Put into a stew-pan, a  
pound of beef cut in slices,  
put over the beef two pounds  
of veal, a large onion, and two  
carrots, mixtion with some of  
the broth in which you have  
baild the head, to half the  
depth of the meat only; cover  
the stew-pan, and put it over  
the fire to smelt through, let  
the broth reduce to a very good  
colour, turn up the meat, pour



183  
fear of burning. When you  
have a very good colour, and  
you find that the glaze is  
very brown, moisten with  
the whole broth from the  
head, season with a large  
bundle of sweet herbs, viz.  
sweet basil, sweet marjoram,  
lemon bryone, common thyme,  
two cloves, a bay leaf, a few all-  
spice, parsley, green onions and  
a few musk-radishes; let this boil  
together for one hour then strain  
it. Put into a stew-pan a quantity  
of a pound of very fresh butter,  
let it melt <sup>gently</sup>, pour in very slowly  
first to this butter as much flour  
as it will receive, let it go gently  
over a slow fire, till the flour is  
acquired a very good brown  
colour, moisten this gradually  
with the broth, that you pass  
through a silk sieve, till you  
have used it all; add half a  
bottle of Madeira, let the  
stew cool. That the flour

184  
may be well done; take off  
all the skin and fat, cut  
the calves head into square  
pieces of about an inch thick,  
put them to boil in the same;  
season with salt and cayenne  
pepper, and lemon juice and  
add some greenelles; the juice  
of calves head should always  
serve the skin as one side,  
but you should leave none  
of the meat on that does not  
adhere to the skin otherwise  
the meat will break in the  
soup, and look unsightly.

Observe that you must not  
leave the greenelles too delicate  
for they would break in the  
soup; the calves head must not  
be too much done; thrust your  
knife into the skin, and if the  
knife enters and detaches itself  
easily, the meat is done enough.  
To make the soup better, put  
it into a stew-pan & quarter

of a pound of fresh butter, 185  
mince one or two onions, add  
a head of cress of the herbs  
described above, and some  
parsley, and sweat it all gently  
over a slow fire. When the herbs  
are well done, moisten with some  
of the same, and rub it through a  
tanning. Lastly, mix this with  
the sauce and the butter with  
be green with and any other  
in the consommé.

### Blanquette of Pate of Beef.

Take six or eight ox-palates,  
rub them over with salt, and  
stew them in a blanc till  
you can take off the upper  
skin. When the palates are  
thus skinned and done, cut  
them into the size of killing  
pieces, and throw them into  
the sauce à blanquette,  
which is a sauce tournée



reduced that you have  
 thickened. The peeler of  
 beef is blanchable and cut  
 up to table-sitter in a  
 casserole au ris, a not an  
not or a trinitat. Chisum  
 that the peeler must be  
 stews well done before  
 you are there in any manner.

Same a flatcloth  
 for fish.

Stew some brown  
 soup, into which throw  
 a few onions cut into thin  
 keep it stirring over the fire  
 till the onions be dissolved  
 in the soup. Then mix  
 with the wine in which  
 your fish has been stewed,  
 which must be red wine.  
 Add some trimmings of  
 mushrooms, with a bunch of  
 parsley and green onions well

spices, bay leaves, Myrror,  
 Sweet herbel, cloves, all spices,  
 &c. Let the ~~flavor~~ be well  
 done. Throw in a few spoon-  
 fuls of gravy of meat. Now  
 taste whether the sauce be  
 properly seasoned, and that  
 it through a tammy. Then  
 take a few small y<sup>e</sup> larger  
 onions and mushrooms,  
 ready done, likewise a few  
 small y<sup>e</sup> smaller, and put  
 into it some of the sauce,  
 and keep this little 'cayuse'  
 to put over the fish when the  
 omelette is in the dish. When  
 you are ready to serve up, you  
 must add the juice of a lemon  
 and two spoonfuls of essence  
 of anchovies. Work the sauce  
 well, that it may be quite  
 melted. Cover your fish  
 with the sauce and then  
 pour the rest over.

## Braising

means to season with  
vegetables such as onions  
carrots, &c.

## Entrées.

are more seasoned than  
entrées.

## Tureens

are a sort of fresh woodcock  
Oysters more proper for entrées.

## Pickled Eggs

Take 2 or 3 score Eggs boil  
them quite hard - remove  
the shells lay them carefully  
in large mouthed Jars  
pour over them scalding  
Vinegar well seasoned  
with whole pepper allspice  
& ginger & a few cloves  
of garlic - when cold  
bury them down close  
and in a month fit for  
use - to eat with cold meat.



# American Pickle <sup>189</sup>

4 Quarts Spring Water

3  $\frac{1}{2}$  lbs Salt

$\frac{1}{2}$  lb Treacle

5 oz. Saltpetre

Mix well together and

it will be ready the next  
day for pork Beef or Tongues

Meat preserved in it never  
gets hard or too salt. It

will keep good from 3 to 5

months according to the

quantity of provisions

cured in it -

# 190 British Hectar

1 lb Raisins chopped fine

2 lbs Loaf Sugar

1 Gallon Boiling Water poured  
over them and allow the  
whole to get cold -

Add

One Lemon in thin slices

$\frac{1}{2}$  oz. Bruised Cloves

$1\frac{1}{2}$  pint of Brandy or Rum

Let the mixture stand for  
a week and then strain  
and bottle it and keep  
it in a cool situation

fit to drink in a month

# Buff Colour

191

Take a Quarter of an ounce  
of Anatto — 2 ounces of  
Pearl ashes, 5 pints of Spring  
Water. — boil to 3. pints.  
Strain the liquor — boil the  
Linen in it half an hour  
With as much Water added  
to it as will keep it from  
burning. —————

Pink.



## Abernethy Biscuits

Dissolve a quarter of a pound of butter in  $\frac{1}{2}$  a pint of warm milk and with 4 lbs of flour, a few carraway seeds and  $\frac{1}{2}$  lb of Sugar make a smooth paste; and to render the biscuits short and light add  $\frac{1}{2}$  a drachm of carbonate of ammonia in powder.

Roll out very thin, stamp the biscuits, pricking them with a fork and bake in tin in a quick oven

20<sup>th</sup> Sept 1856

Wanpuk color, 193

Pink X

Take of Turmeric 1/2 lb.

Red Sanders - 10z

of Spring Water - 5 quarts

Boil it to four quarts,

& at the end put in

of Roach Alum 2 Oz.

Pink.

One ounce of drop Lake  
half an ounce of gum  
if for a deep pink a pint &  
half of water or a quart -  
grind the Lake well and  
strain it through a cloth.

194 Bright Yellow.

Take one Oz. of Turmeric  
to half a pound of Alum.  
boild in two quarts of Water,  
till the Alum is dissolved.  
let it stand till it is  
cold, then strain it, till  
it is clear, divide <sup>it</sup> into  
as many Basons, as  
there are Breadths  
to Dye, — — —



195  
Green Gooseberry wine  
Lady Williams' receipt.

To every pound of Goose-  
berries, when picked and  
bruised put one quart of  
water, let it stand three days,  
stirring it twice a day. To  
every gallon of juice, when  
strained, put three pounds  
of sugar put it in the  
vessel, and in six months  
plug it. Bottle it when  
the sweetness is sufficiently  
gone off. When the wine  
is put into the barrel,  
to every twenty pounds of  
liquor add a bottle of brandy  
and a piece ofisinglass in  
the vessel. The gooseberries  
must be full grown, but  
used before they begin to  
turn.

# 196 Malt Wine

To make 9 Gallons take 5 gal of Water  
& boil in it for 5 or 10 minutes 28 lbs of  
Sugar; draw off the liquor into a convenient  
Vessel & allow it to cool; then mix with it  
1/2 quarts each of Sweet wort & of Jun allow  
it to stand for 3 days & then put it into  
a barrel. Here it will work or ferment  
for 3 days or more; then bring it up  
& keep it undisturbed for 2 or 3 months  
then add 3 lbs of whole raisins  $\frac{1}{2}$  lb  
of Candy & 1 pint Brandy. In 4 or  
6 months after it should be bottled  
(o Jun is the new Beer of course <sup>the</sup> first  
drawn off /

It is fit to drink in 4 or 6 months

Put some good toasting cheese into a small Skewpan with some Mushroom Catsup & a little Cayenne pepper & melt the cheese over the fire. Into another Skewpan put a ripe Tomata sliced; simmer this with a very little Water until reduced to a pulp which pass thro' a Sieve to take out the Seeds & mix it well with the Cheese; season it well with Cayenne; spread on slices of toasted bread and serve in the same way you do a Welsh Rabbit. That is all - on a hot place with mustard & cayenne as an accompaniment -



## The Vinegar plant

This is nothing more than the spawn of a fungus or mould plant called *Penicillium glaucum*; it is of the same nature as those cloths or scums which in the language of Housekeepers renders many kinds of fluids motherly. It undoubtedly has the property of converting sugar and water into vinegar and now for my practice: My jar in which I have always made it holds two quarts and an half - into this I put half a pound of sugar and six ounces of treacle. I then put hot water on to dissolve it filling the Jar nearly full: it is now carefully stirred until thoroughly dissolved and when about milk warm the Vinegar plant is set afloat on the surface. A cloth is then tied carefully down to exclude all dust and the Jar is set in our kitchen on a shelf in a warm quarter - it requires 5 or 6 weeks but has remained when not wanted a few weeks longer. When wanted the floating plant is carefully removed and the contents of the Jar are passed

through a sieve, in order to obtain the vinegar,  
clear it is bottled and corked. The vinegar  
plant is a thick clot generally about an  
inch or so in thickness and appears like  
a jelly of a leathery substance; the young  
plants are produced underneath several  
in one year. this singular thing appears  
to adapt itself to the form or size of any  
vessel after a given time. We use it for  
general table purposes and for pickling.  
and I am not aware that I ever heard of a  
complaint against it.

London Journal No. 528. p. 83

---

## Lure for Corns

- 4 Grains of tincture of Iodine
- 12 Grains of Iodide of Iron
- 4 Grains of Chloride of Antimony

Mix all together - pare away  
the Corn and apply the lotion  
with a Camel hair pencil - it will  
cure it effectually in a fortnight



# Mock Anchovies

201

One peck of Sprats not washed, 2 lbs  
common salt  $\frac{1}{4}$  lb Bay salt  $\frac{1}{4}$  lb Saltpetre  
2 oz prunella salt and a small portion  
of Cochineal in a stone jar - A layer  
of Sprats and a layer of the mixture  
press the whole down and cover the jar  
closely it will require to stand three  
months before using -

## The following is preferred

Take three quarts of Sprats salt them well  
and let them stand 24 hours then wipe  
them dry - Mix 4 oz Common Salt 1 oz  
Bay salt 1 oz Saltpetre  $\frac{1}{4}$  oz Salt prunella  
and half a teaspoonful of Cochineal  
all powdered fine - put a layer of  
Sprats and a layer of the mixture - Keep  
in cool place tied over with bladder fit to use  
in three months -

## To make Opodeldock

One ounce of white Soap  
 a quarter of an ounce of camphire  
 Sixty drops of oil of Rosemary  
 $\frac{1}{2}$  a pint of rectified sp.<sup>ts</sup> of wine

Put these into a white vial,  
 cork it lightly, put the vial  
 into a saucepan of cold water,  
 set it over a slow fire, until  
 the soap and camphire dissolve  
 then cork it tighter, and let it  
 stand in the water until it  
 becomes cold.

oil of lavender may also  
 be used.

If the vial is placed in a basin  
 in a warm place, it will do,  
 but it will require more time.

for  
Hanging Cough,

2 drachms unburnt allum  
20 grains Cochineal in  
powder

5 or 6 table spoonfuls  
of Treacle to a quart  
bottle of hot water -

If for an infant 20  
drops and increase to  
40 - a child two years  
old one tea spoonful - at  
six years old 3 tea spoonfuls  
at each year add one tea  
spoonful more.

To be given 3 times a day  
upon an empty stomach -  
no other medicine to be  
given at the time except a  
little to keep the bowels open -  
and no milk to be taken.



# Index of Written Recipes

	page
Current Wine and Raisin Do	105
Raisin Vinegar	106
Mince pies and Currant Jelly	107
Barbery Jelly and Hartshorn Do	108
Ginger Wine and to pickle Bacon	109
Artificial Yeast	110
To preserve Bullace	111
Raisin Wine	113
Cheese cake pudding	115
Ginger Bread	116
Leimon pickle	117
Queen Cakes	119
Cheese Cakes & plum pudding without Eggs	120
To make Yeast	121
Damascene or Bullace Cheese	122
To make puff Cakes	122
Little Cakes and Dumplings	123
Penny Plum Cakes & Sugar Cakes	124
Plain boiled Rice pudding	124
To make Snowballs	125
Blanc Manger & Boiled Custard	126
Blanc Manger with Almonds	126
To make Mango	127

Walnut Ketchup - Gooseberry Custard + Raspberry Jam	128
Pancake puddings - Cup D. + Lemon Preset	129
Black Currant Jelly + Tea Cakes	130
To make Bullace Cheese	131
W. yonthis cure for Diarrhoea	132
Green Gooseberry Wine	133
Blanching requiring no polishing	134
Elder flower Wine or Frontignac	135
Elderberry Wine	136
Ginger Wine	138
Lemon Wine	140
To dry plums	141
Raised Mutton pies	142
Broths and Consommés	143
Islet of Meat for pies	152
White Roux + Brown Roux	153
The Carlis and Sauce Tournee	155
Sauce Allemande and The Veloute	156
Grand Espagnole + Espagnole of game	157
White Italian sauce + Brown D.	159
White sharp Sauce	163
a l'Ude	164
The Pickanell	165
Purée + Sauce a la Lucullus	166
Green extract of Spinach	168



